

**GROWTH  
OF  
SPIRITUAL  
POWER**

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# GROWTH OF SPIRITUAL POWER



As revealed to  
**MAUD REMINGTON**  
by the spiritual teachers  
**JENNIE and MASTER JUANA ASHAWASKA**



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*To my Son and Daughter*

L.C. 3-1-58



## FOREWORD

The Truth is given out by many, and we are blessed to have this means to give to the world the Truth from our side of life. My student has been very faithful in receiving the lessons and writing the words just as given. I know that if instructions are followed many will find their happiness.

Now a note from my student, Maud Cloud Remington:

"At a seance I was told by my Spirit Friend Jennie that if I listened I could hear her speak and could then write what was given me.

"At first I did not try, but one evening when I was holding my pencil, my hand moved; I could only make marks, but then it seemed that I was thinking or framing the words I heard. I thought I was fooling myself, but after reading what I had written, I knew they were not my thoughts.

"I shall always be grateful for my lessons of Truth. May they bless all who read and use them."

My blessings to you all,

MASTER JUANA ASHAWASKA

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LESSONS OF TRUTH BY MY SPIRIT  
TEACHER JENNIE

May 14, 1946

You must not be afraid to be guided by the Powers from on high. The Great Light is in us all as one.

May 15, 1946

We take this opportunity to bless you and to say we are glad to be here, knowing full well you are able to manifest the love of God. You will be a channel for good. You will be free from all discord. Your son's life will be free and happy. I have spoken.

The Light that is God lights all nations. The Great Master gives us light to help ourselves and others. The Truth is divine, and we all will see the great light as we progress. You are not imagining this; I am telling you what to write. With your intelligence you can go far.

May 16, 1946

We may never know the good work that is being done by the Spirit Friends who come to bless us unseen. I am in a position to teach you great things; just try to be still and listen, and soon voices will come. You may not know them at first. Only good is.

May 17, 1946

We will talk on the great good to all humanity. This Great Power, which is God, reigns supreme. We are each a child of God, perfect, pure, and whole. The one God Power can be used by all. We are only a channel for this good to flow through—you are that channel. God loves each one.

We unite with God as we obey the simple rule of kindness. Kindness means thinking good of everyone, doing good to everyone. Your mother says to be glad and all good will flow to you. Jennie says not to write more than fifteen minutes at first.

May 18, 1946

The law of Liberty is the law of Love, and all humanity will be free from strife when they know Love for each other.

We have all to give and nothing to lose. Liberty is our goal, and we must be free from all discord. You master yourself and are free when you can see all peoples as God's.

You are a child of God now, free and complete; absolute bliss and harmony reign supreme in each one. This is your freedom from all error and discord.

Dear one, look only to God. He gives his Angels charge over you. Rise and be free; know only all good. The life is God.

May 19, 1946

We understand God when we understand all people.

Jennie wishes you to rest tonight.

May 20, 1946

We will write on strength. The word "strength" is not as you think it is. Strength is a power from on high and can be used by all who look to the right source.

You have read much; now just stop and think over the words you speak. Strength—analyze it; it is a quality within. Just accept it as your own, and you will never be weary. You are God's own. "I am endowed with strength from on high." You can know that for others. Do not forget that Love reigns supreme.

May 23, 1946

We choose Christ for our subject tonight. The Christ is the manifestation of all Light and Love. We put on the Christ as we recognize our oneness with God. Christ means blessedness, peace, hope. You are the Christ, pure, perfect, whole. Just dwell on these words, and you will learn much. The gift of God is Life and Love. Thank God, and be happy.

May 25, 1946

Today is one of great rejoicing in the Spirit world. (Train strike settled.) We see the brotherhood of man taking place. We know dear Spirit Friends have helped in every way to bring about this good. The greatness of God's Love is manifest today. We see more and more the good to all mankind. You will rejoice when you realize the great good done.

Just call me any time—I will come.

May 29, 1946

Love never changes. We bring love to you and your dear ones. Today we are bringing to you much good. Just try to realize that you are God in action, one with all good.

The Love of God is different from what we think "love" is. It is an everlasting Love, a realization of kindness to all men.

Try to feel this Love around and through you at all times. Just keep an open channel for all good to flow. Forget all unpleasant experiences; look to the good in everyone.

We know Love is in each and every one; and we must recognize that Love in everyone we meet.

The great good comes to all people; they must recognize it.

June 8, 1946

As you journey on your trip, God goes with you, Love and Peace. Every day try to realize the great good within all humanity. God never leaves one; dwell on all good. We will be with you on your journey.

Jennie loves you and your dear ones.

June 19, 1946

Welcome home, dear. Jennie loves you. Be faithful to your Spirit Friends; they can do much for you, much to help you on the path to the realization of God.

The world is in a turmoil and needs many spiritual workers, so please keep up your good work. We never know how much we accomplish by our good thoughts and actions. We need to turn to God on all occasions. When we know the Truth, there will be no need of healing. God is all; there is no sickness. We need not think of sickness—think only of God.

Give my love to that dear boy, Thomas; he will go far when he once makes up his mind to study on Spiritual lines.

Your Indians are great friends and are a great help to you.

June 20, 1946

We will discuss friendship. Friendship is a bond between God's loved ones. In a dear friend we recognize the Love of God. True friendship is Love, the greatest gift of God.

You love a friend, for the Love of God is manifest through each. All is Love. All is God. God pours out His

goodness to all who can receive it. This Love is beautiful, free. Try to realize this for everyone you meet. Try to think as I say. Read over the lessons every day; I know they will be of great help.

June 21, 1946

In the dream state we are not conscious of material things; so it is in the Spirit world. We travel with ease. If you can shut out all material thinking you can hear the Spirit Friends speak. We must learn to do this. Be still; think of me for a moment; you will receive impressions and soon will be able to hear voices. They are just a little clearer than impressions.

Dr. Russell is here; says to tell you to be patient and you will hear. All your dear ones send love to you. Your sister is progressing fast. Your dear brother is a Master. (Yes, you hear correctly!) We all know the Love of God is all that counts. We must be able to manifest this Love to each other.

June 22, 1946

God is all Power, Life, Understanding. Each one is a part of Divine Intelligence. We each are a channel for Life to manifest itself. We are necessary to God. He could not express Himself without having something to express through; therefore, we are nearer to God. We are each a manifestation of God, the only existence. We cannot be separated from God. Do you see this?

As we go through this existence, we begin to realize the importance of knowing ourselves. Just realize you are never separate. When you think of Life, Love, you are recognizing your oneness with God, all Good. When you can recognize this for yourself, you can recognize it for others. Dwell on that thought, and it will soon be as if you always knew the Truth. We all love you.

No matter how the material may seem, you are not the material house—you are Spirit. Life. Please think on this daily; you will be very happy.

God is Love, Life, Existence. I want you to think of God not as a person but as Strength, Power, Wisdom, Intelligence back of all Existence. We can only know God by doing good. We may get off the path but must return and keep trying. Some day you will know, without a doubt, that God is, and you are one with the Whole, not a separate being. Now remember: God is all; nothing exists but God.

There may be different forms, but all is God. We could write and write—the answer would be the same: ALL IS GOD.

June 23, 1946

In God we dwell and have our being. The Soul is that part of our being in which we dwell. Our Soul is the part of us that is a part of God, whole and complete. Spirit and Soul are one, not separated.

In our home over here we have many books and ancient writings, but the simple truth that God is All covers much. Just say that until you know it to be the Truth. We all have a work to do. You will not fail to do your part. With love in our hearts we can accomplish much.

Be still and know that the God Power flows through you; accept it as your divine right. Know life, strength, are present, health also.

June 24, 1946

The Truth about God and man is now being told as never before. The time is drawing near when more and more will want to know the Truth. Just listen to everyday conversation, and you will be surprised at the remarks you will hear.

God, the Father of us all, keeps us in His care. We need

not fear any circumstances. Just do your best every day. Your path will be made easier.

This new age that is coming will find many ready for the Light. It will mean just more understanding of God and man. We will know by their teachings if they are of God. You cannot be led astray once you know the Truth.

There is no age in Divine Mind. You are one with all Intelligence, always accepting your good and being thankful. We never tire of helping or doing good.

June 25, 1946

Universal Love will be found to be a great gift.

A great Teacher is here to give you a message. Now listen carefully: "We gain our right to happiness by simple loving acts and deeds."

Your home here is very beautiful, with the kindness you have shown to others. I am with you always. Just know all good will come to you and yours. Be still, and know the power is ever present to help all people.

I will impress upon you what night to write; when you work all day, it is hard to concentrate. Now that you know you can write, you need not write so often. I will let you know.

June 27, 1946

As we progress in our studies, we will look back and find beautiful Truths. We must learn them. Each day learn one statement, if no more.

The book you are reading on the Soul is correct—you will soon understand it. The twelve Guides are with you and will help you to understand.

You are going to be a great help in the trying times ahead. They will not touch you and yours. You will look ahead and know God is ever present to bless. Realize every day your wonderful gift from above. Be glad always; you have the strength to do your work for several years yet. Do



not sell your home. You will be taken care of. Just do not worry about the future—you will be taken care of; so do not worry at any time. Spend the time in meditation and concentration.

Your brother is here and says to tell you he loves you and asks you to keep up your good work—building treasures in Heaven.

As we journey on, we find so much happiness, love. Later we will write on deeper subjects. I want you to find yourself first and to know you are not separate from God.

As you go forth each day, realize who you are, and your work will be pleasant, and you will be happy.

June 28, 1946

Dr. Russell asks you to be ready and to listen for him to speak, just the way I do. You can hear him without any strain.

Now for our lesson, which will be on the teachings of the Master Jesus. The statement, "I and My Father are one," applies to each and every one.

The Father and you are one in quality, not quantity. What is bothering you will be cleared up. You think God is all and want to know just where the "you" comes in. God is All—that includes you and everyone. It takes everything to make a complete unity. God needs us all to express God. We are not separate from God; we are God in action. Our Soul is a part of the Over-Soul.

Just know that all good is yours to enjoy and comes to you as you give out more and more. When you are thinking good, you are thinking of God. Try a while not to think of the material self as separate; just know God is ever present, and that is your Real Self.

June 29, 1946

In this world of strife one can be calm knowing that God

is All in All and no harm can come to God's children. By being calm and trusting in the higher Power, you are helping the good to be manifest. Some think one must be dreaming to be calm amid strife, but the only Power there is, is God; and if used in the right direction it will bring peace and harmony.

There is a way to adjust all things, and we can be glad we can turn to the one source of Power.

We are children of God, and He keeps us in His care. Just know you will be taken care of in all circumstances. The Power of all Good is within.

June 30, 1946

Rejoice and be glad the time has now come for all workers to know they are not alone, that everyone has Spiritual Guides to help them. You must have faith in the unseen, for that is more real than what you call the "seen." God, the Giver of all Good, cannot be separated from His own. There is nothing but God. Say this over and over until you realize something of what it really means. You help by every thought, if constructive. Remember you are always in the presence of God, for you cannot be otherwise. You are this great Presence in manifestation. Just know this at all times.

July 5, 1946

You are endowed with the gift from above. Treasure this gift, and you know you are blessed. If each one could only know himself and be at peace, we would soon have peace in the whole world. What more does one want to know, more than oneself?

Jesus came that we may have more light on this one thing. Know thyself and be at peace. Trust this power within; you will see it demonstrated many times. That is what we are doing now.

You have the power to think; and always try to think correctly. Never a negative thought should find place in your thought. We will do much for the class. All the Spirit Friends love you all and want you to call on us at all times. We are always ready to help.

July 6, 1946

When we understand this Divine Law, we will be able to prove to the world that we can communicate with each other. People doubt because they do not know the Law. I hope to be able to make the class understand. It all is so simple to us here; but, of course, it has been abused by professed mediums. It is the little groups that will be able to bring forth the Truth.

Rejoice and be glad you people have not been fooled by irresponsible people. Know you will always be protected by the love of God and Spirit Friends.

It will not be long before you can hear your Spirit Friends as you do me. We are all here and rejoice with you. We are all interested in the class and will do all we can to help each one develop.

Let them read the lessons. Each one in the class is sincere. That means much.

July 8, 1946

The Goodness of God and His Love are all one needs to carry him through the trying times. As we journey on, we will find it has all been made plain; we just need to know the simple Truth. Just be grateful for the love that is ever present at all times and in all places.

We build mansions in heaven by our little acts and deeds; they must always be good. You cannot imagine how beautiful the homes over here are. You are building your home every day. Everyone in the class will soon be able to realize more of the great Truth. There is only one Power, the gift

of God, and you use it constructively or destructively.

As we meet, it shall be measured to you. When you progress, your Spirit Friends progress too. We each help each other. Be grateful for the opportunity to express this Power.

There is much to unlearn, just the simple Truth to learn  
—God is All!

July 10, 1946

We believe in God, and we must know that this belief is correct—God is All and we are a part of the great Whole. I want you all to get this fixed in your thought without any doubts; then from there we can study and progress.

The beautiful studies on Mind, Spirit, Soul will all be taken up and explained so that each may understand. All good is ever present health, and all we need is found in God—the God we must learn to know, the God who is the essence of all Life, Love, Liberty, free from every care of human making. We must recognize the Power within.

We are grateful for this opportunity to write; it is a proof that we are not separated, we are all one. We will recognize this oneness more and more. Just know for a positive fact your word is law, and what you speak will return to you.

Your affirmation is all you need to demonstrate all your needs. Just know nothing is impossible to God. The Soul is the part of you that is a part of God, the part where you manifest God. God is Love; without Love one knows not God. God is All, God is All—please say this often.

July 17, 1946

When we come to the understanding of God and man, we have a foundation that we can build on. Be firm in your understanding that God is all you need now for your care. When you have your sure foundation, you can build every day and build for eternity. Let peace and love reign supreme.

Do not criticize anyone for what they believe; it is the best they know at the present time. Allow nothing to keep you from your studies; they will mean everything to you.

We can only know God by the love in our heart. Love to all mankind!

July 19, 1946

Be still and know I am God. The Power of all good is flowing through this pencil; you may not understand this Power as yet. When you really understand that this Power is present at all times, and by your spoken word you make use of it, you will learn to guard your thoughts and words. Just think what a blessing you all have—the opportunity to see and feel this Power, and have it demonstrated for you. Just know Power is ever present, and use it at all times in your work and pleasures.

Your Indians recognize this Power and know how to use it. If someone should say that you had a Friend to whom you could go at any time for help, you would think much of this friend. Now God-Power is closer to you than any friend. We cannot see this God; and that is why we doubt at times. When we have proof, then we believe. The Light of God lifts up your hearts and blesses all people in the class. Rejoice, again I say, rejoice for this wonderful opportunity.

July 22, 1946

We all love God—some one way, some another. The day will come when all will know the true God and not separate themselves from Him. True Love is the gift of God, and we must know it is a precious gift. You will not forget so easily when you have the lessons to read and think over. The oral lessons are beautiful; try to remember them. I want each one to feel as if he were doing a work to help all mankind. Just a kind word, a kind thought, and little acts of kindness will help you prove this Power of all good. We

are in need of workers; much can be accomplished by what seems to be a few. If you can help only one, you have done much. Just try to see God in everyone you meet, no matter race, color, or creed. Be still and listen for this unseen voice to speak; it is your real self, knows only good, can speak to you of good things, spiritual things, and help you to solve all problems.

July 27, 1946

We believe all good people wish to know God aright; to know who they are and what part they play in this great life which is God, God in manifestation.

First, you must learn that there is no separation between you and God. You are this Great Life, or Light, in manifestation. You will learn to use this Power, and it will be so easy for you that you will wonder how you did not know it always. I know whereof I speak.

Use the Power in simple requests; you will soon recognize how it works, and then you will use it in greater things. For example, just try to be quiet and feel this Power, then ask for health and understanding.

We will make the lessons as simple as possible so that you will understand.

Your spoken word has Power. When you ask for something, know it will be answered; do not say *how* it should be answered, just know it will be. Please have faith in the unseen. If you stop to think, everything in the seen was in the unseen first. So many of our prayers are answered we do not realize that they *are* being answered—we just think they happened.

Accept the God-Power as a gift you are to use; then stop to think how wonderful it is. The gift is more precious than any precious stone; it is something you can use every day, no matter what you are doing. The God-Power within and without is to be used for good only. Never try to harm another by destructive thoughts; they will come back to you

in some way you will not recognize. Love all you can; it is a high rate of vibration and brings you close to the real. Gladly accept all your teachers give, and try to help all you can. They love you all.

July 31, 1946

We are glad to be of service to all you loved ones; all we ask is for you to study your lessons and try to find yourselves. Some night we may ask you questions and help you with the answers. We know you would enjoy that. There are so many important things we should know about ourselves. The first is to know you are not separated from God. Learn that first; feel it in everything you do. No matter your problem, just leave it in God's care, and it will be worked out all right.

Sometimes problems come and try us; then it is that we know if we are really working with Power or against it. The problems that come up every day should be worked out by knowing you have the Power and Spirit Friends to help you. Expect good always, no matter how dark the problem seems at the moment. You must be firm in your statements, knowing your wants will be solved. We lack faith; but try over and over until you do have faith. Have faith in your faith to solve any problem. We want to see you all happy, and we know you can be, with this great gift. Please follow advice.

August 3, 1946

Let the Light of God shine through at all times. Try to feel this Power at all times. We are children of God. You must know the truth about yourself—that is important. Each one is capable of great things. Let gladness ring in your heart every day that you are one with God, this great Power. When you begin to realize who and what you are, you will ask and receive. Your wants will be met. We have discordant

conditions because we believe in separation and believe in diseases. Now if we can believe more in the Power of God to help us at all times, we will be free. God, the Giver of all good, is ever present.

When we learn this lesson, we will take up others. Study and apply this truth until you feel you can accept it and prove it to be true.

August 6, 1946

The Love of God is ever present. Try to know this great truth. The only way to learn it is to say it over and over and to use it. Prove it; then you will know you are using it in the right way. The Light of God will shine through any seeming problem. Words do not mean much unless we have the conviction that what we are saying is the truth.

In your little book you have many truth-lessons; study them every day. You will be so happy when you find you can use this Power in all your everyday work and pleasures. All good is present for us to accept. I wonder why we do not accept it as a wonderful gift to enjoy.

We just keep saying the same Truth, but in different ways. I feel you all have faith in your teachers; now have faith in your God which is your real self. Try to make some demonstration and relate it to the class; by that we will know if each one is working in the right way. Then we can take up the other subjects and their relation to each member.

August 10, 1946

When the Love of God fills our hearts, we see everyone as our brother—we see no disharmony. We can overcome disharmony by knowing that only God is. The Life of everyone is God. The Power of everyone is God. We have the choice of how we will use this great gift. Try to let nothing disturb you at any time. We may see in others what we think is not right, but we cannot see a fault in another un-



less it is in our own consciousness. First, get it out of your consciousness, and then you will not see it in another.

We can do this by dwelling on the good qualities. You may have to say it over and over to know the Truth, but just keep at it and you will be free from any thought of anger.

In your daily work you have many seeming problems, but just turn to the right Source and all will be well. We live with each other; and how much better it is if we live in harmony, and peace, and good will to all humanity.

Study your lessons, and soon your seeming problems will never disturb you. You will know where to turn for the answer. Try to turn to God for the answer to any question. Be still and the answer will come. You may not recognize where it comes from at first; but the oftener you turn to God, the easier it will be. He gives His Angels charge over you, and they will always be near to help.

Always turn to the Power within to help, knowing that the Power is there. Your Spirit Friends are always near and will help you to find yourself and the Power within.

August 14, 1946

Let the Love of God shine in your heart; love all you can. This world needs all the Love that we can give. Just be happy and be a channel for this Love to reach others. The world is in need of everyone who can help in this way. You all know of this great Love, and it is up to you to help.

Dear ones, there are so few workers in the world today. Just one thinking right will accomplish much. If you could only see, as we do, what one word or kind thought can do in the way of helping others. When you think or speak a good word, it sends out a Light, and dear Souls can see that Light and are awakened and can begin to travel the path of Light. You have no idea how many you help every day. There are millions and millions in the world of darkness; just a faint Light may awaken someone. Do you understand.

this? It is so wonderful to ask and receive help; just think how much more wonderful it is to give. So, dear ones, just try each day to help.

Dr. Russell says to tell the class always to be ready to give love and more love. You cannot see the many who come to your class or how many you help. When one dear Soul sees the Light, he can go on and help others. We cannot stand still; we must progress. You can never turn back once you have had a glimpse of the Truth.

We bless each one in the class and are proud of the work each is doing in his own way. Every time you turn to good, good turns to you—is there for you to accept. In our lessons we will explain this Light and its vibrations, what it is, and the good accomplished.

August 17, 1946

The all-seeing eye is the Power of God to know thyself. We will take up these deeper lessons later. Tonight we will talk on the power of gratitude. Gratitude is a quality of one's soul; and when we are grateful for our blessings, we radiate a Light of Love which is like a soft blue around us. At all times you are sending out a Light, and one who knows colors can read what you are giving out by the color around you. Sometime I will explain more.

Back to the subject of gratitude. One who is really grateful for good received, no matter what, is a channel for good to flow through. That is the most important thing we can do—make ourselves a channel for good. So be grateful for any little good that comes your way. Remember you are using a Power all the time. All you need is to realize that this power is ever present for you to accept, and it will answer any problem you may want to solve.

Now take the belief in sickness. All you do is to turn to God and thank God for this Power that you know is ever present. Know that health is in that Power, and you accept health as your gift from God; then thank God for this gift.

No matter where you are, you can always take time for a few minutes of gratitude and acceptance of your good that is ever present.

Learn to feel this Power through you and around you; soon whatever is bothering you will vanish. Your very life is this Power, this God-Presence. It is so simple. Your affirmation—say it over and over until you know God-Power is present.

August 21, 1946

Our lesson tonight will be the greatest of gifts, the power to know ourselves. Once we can accept this gift, we will be able to understand other teachings. You must try to see yourself as this channel of Light. We are Soul, Mind, Spirit; all God is, we are. Life is all there is to us, and that includes all qualities. God, the unseen, is All in All—infinite and more than any word we can use to try to describe Him.

God, He is All in All, and you are a part. Now mind is the power we use when we think or form a word. Spirit is the power to understand or make manifest. Soul is the part of you that is a part of God, knows all, and is the real you manifested through your physical being.

I am trying to make the lessons as simple as possible. Any time you do not understand, just write your question down and I will answer them. Do not get confused. You know you have Life, and that is God. Just dwell on that for a while and it will become clear to you. Again I say, accept your great gift and be happy, knowing you can prove this Truth. Love to you all. Keep up your good work. I am very proud of it and of the way you all are thinking, trying to know this great Truth. Soon it will all be so easy for you.

August 24, 1946

The Light I bring to the class is God-Light, and soon you will understand what that Light means to you. Just be

quiet and think of a great Light enveloping you; just imagine you are in a sun's rays. Soon you will be able to see the Light around you and others.

We use different words to impress the Truth of being. All really is Power in different form. No matter what you do or think, you are using this Power. You could not think or act unless you used Power; but by knowing Power is present, you are able to do and think better.

Ask for health, knowing the Power is there to manifest health or you could not ask. You are beginning to see and feel this great Truth. Just think what it will mean to each one when they fully realize who and what they are. We cannot know what is in store for us, but we can meet any circumstance with the assurance that we have the Power to handle any problem that may come our way; and by knowing every day your real self, soon you will not have any problems. You will rejoice in the knowledge of Truth.

Loved ones, rejoice and be glad every day for your class! Soon you will have teachers to help you more and more. We will all help. I know of no class which has the same opportunities. I know you are grateful. All we ask is for you to be happy so that you will radiate this Light; then you will be doing a great work in helping many you cannot see. Gladness in your heart will make you know you are helping. There is so much each one can do and is doing to help the class. You may not realize it yourself; but we can see how each one is developing and are proud of you all.

If there is any special subject you wish to discuss, let me know. Do not be afraid to ask questions; we will answer. Just try to find yourself, who and what you are, and soon you will learn how to use the Power.

We have much to give you when you are ready.

August 28, 1946

Tonight our lesson is to be on the guidance from the Power within, or, as some say or think, from above. This

guidance is the real you. Learn this real you; meditate on yourself often—who and what you are. First, remember not to separate yourself from God. Second, learn to know yourself—this Power, this Light within. Then learn how to use this Power. The Love of God is always present. Do not look outside for help. Always be quiet; then talk as to yourself. Ask and you will receive. Ask for health, not to be relieved from sickness—put sickness out of your mind—then you will be a channel for this health to flow. You do understand this Truth in your own way. Never think you can be controlled by the thoughts of others. You do the thinking, and your friends are always ready to help you; they want you to decide what you wish for, what you think is your good. If you make a mistake you will soon know and will turn within for guidance. Better still, ask for guidance first, and you will be directed in the right path.

By asking questions, we know you are giving your lessons much thought. Remember, your spoken word is Power; and by knowing this to be a truth, you ask and receive, no matter how small your request may be. Let Love reign in your hearts.

August 31, 1946

What is this real you? This real me? You know all Life is God, all Light is God, all Love is God, all Being is God, God is All in All. Does not that make you God?

As you realize this more and more, the material you, as you think, seems to fade and you see yourself as you are—God in action. You must express God qualities to know you are one with all God is. You seem to express through a material body; but all is Spirit, only in a grosser form. All matter returns to the formless to take some other form. Some day we will see all as spiritual; now we separate ourselves into two—Spirit and matter. It may seem a little confusing at first, but you will learn to know all is God and begin to see all as God in action.

Now we seem to see things through a cloud, but when we see and know things spiritually, we will see more beauty in everything. You will realize the good in all things around you.

When you learn to recognize all good is ever present, you forget about things being separate from God, you do not think of things being material. You only see good in everyone and everything.

Just know good flows through all, no matter how small the channel. Through a little channel a little good flows; so make yourself a channel for much good to flow through. You do this by recognizing good as ever present. Just know all life is good; perhaps you may see this clearer by always thinking of Life or Light as ever present.

Just let your thoughts dwell on this simple Truth and you will not get tangled up trying to find yourself and God.

You cannot be separated from God, no matter what you may think. You are one with all Life, all Light; just accept this great Truth and be happy. Think spiritually, not materially. Just say over and over: I am this great Light, I am this great Light, I am not separated from God, I am one with all Light, Life, Love, Existence.

Just rise higher and higher in your thinking every day. Every day affirm something new for yourself until you *do* accept your real self. Then we will learn how we operate on this plane of existence. This wonderful Power that is ever present is the means by which you can think and know this Truth. Just give thanks every day for this Truth. Make it easy for yourself and be happy.

September 4, 1946

We will listen for this voice from within. You may not recognize it at first, but just know it is there waiting for you to hear. You will receive many impressions if you will take time to be still and listen to your real self. It is one of your greatest pleasures. When you find you can hear your real

self teaching you, you will be so glad that you will turn within for the answer to all questions you wish answered. The answer is there—never doubt; just be glad and accept.

You know your Soul is this real you. The Soul knows all. You must believe in yourself.

I would love to give you deeper lessons, but I feel you are not ready just yet. Ask for any question to be explained. By your questions you will know how you are progressing. You will know by your feeling if you are thinking in the right way. Your words have Power. It is good to speak out loud words of Truth. The word God has a high rate of vibration.

Study your lessons and try to find how much you know, not what you believe. When you know Truth, you cannot be led astray. I will know when each one has perceived this great Truth about God and themselves.

Would you love to know just how this Life, this Light, manifests itself through your spiritual self?

September 7, 1946

I am now going to give you a way to find yourself. This Being we call God is not a physical being, as so many think. It is the Great Essence, Intelligence, and all other words you can think to describe God, but God is more than that. He is All, and you personalize God, or God seems personal to you, just as we seem personal to one another; but we are Spirit, not a personal being. Do you see this? Now when you are thinking of all God is to you, you are in a higher rate of vibration than when you think materially. We will explain this as we progress.

I want you to be very sure you know yourself as God in action. Accept this, and we can do a great work.

There is so much to learn after you know this one great Truth. I would love for you all to read the three books—*Life and Teachings of the Masters of the Far East*. By them you will learn the great things to be accomplished. You all may do the same work as these great masters.

Be quiet in your class; listen to every word, so you will not miss this great Truth. Let Love reign supreme in your heart. Remember, you are spirits manifested in a physical body; you are not material. When you realize this, you radiate a Light, and Spirit Friends can see this Light and can work on the vibration of your spoken words or true thoughts.

You have no idea, when you are still and meditating on spiritual things, how many Spirit Friends you have around you. As you study, they study and progress and can go higher in their spheres.

I am using plain language so you all will understand. Oh, it is so simple, but to know this great Truth seems hard for some who have been taught differently. You must let go all past teachings and just accept this simple Truth—God is All.

What wonderful experiences are ahead for you all, things you can never imagine can take place! You will learn how to use this great Power just as a child learns to play with his toys. We are all schoolchildren, learning always.

If God is All, and you are that, just think what possibilities you have when you know your real self! Affirmations mean much; use affirmations every day. Just a few affirmations mean much when you realize you are accepting the truth of the words you say.

Again, study your lessons, write down the important points, and know them. That is all tonight. I could talk and talk to you all, for I love you and know each one is earnest and wishes to know this great Truth.

September 11, 1946

Tonight we will speak of love towards each other. Love is God, and you are God in action; therefore, when you love your brother, you are expressing a quality of God. You can never realize what this Love can do for your fellow man. This is not the love most people think—it is a kindness to all with whom you come in contact.



The world is beginning to see the great need for this Love.

Each one can help by doing his part every day. As we recognize the love of God ever present in our everyday work, we are doing a great good towards bringing this Love to the world at large. All I ask is for you to make one honest effort to prove this Power. See for yourself what you can accomplish. Love is a gift from God. Accept it and be so happy that people will see the radiation.

September 14, 1946

We know this great Truth; and as we accept the teachings, we are learning to know our real self.

Now we will talk on the Soul, this real you, and how you are using your thoughts and words to express the Soul. As we have been taught, the Soul is that part of you that is a part of God; you are not separated into little souls—you are just this Soul. This seeming material body is just a home for the Soul while you are made manifest in this existence.

First, put your thought on this real you and analyze yourself and how you operate; then turn to your real self at all times for the answer to help others and be able to answer any question that may be asked. You all want to help others; just know yourself first, without a doubt, and it will be so natural for you to turn within and receive your answer. At first, you may be slow, but the oftener you have practiced this, your answer will come more quickly.

It is to know yourself as God in action. Affirm the Truth every day. See God in all people. Do not look at the physical; just know the very life of each one is God. Know only good can come to you and yours.

Peace, peace, be with you all. Let the Light of God shine forth!

Some people do not realize the importance of being quiet in the time of great sorrow. By being quiet I mean to know the Truth under all circumstances. When someone tells you

September 18, 1946

of their troubles or sadness, you must at once declare the Truth of their being. Just know God is ever present; health is ever present. We can always declare the Truth to anyone later on, even if we do not do it at the time. Just see the perfect life in everyone you meet. A word of courage will help much. We need to learn how to work and help. Once you practice, it will come easy, and you will just declare the Truth without any effort. This great Power is ever present, and we use it every day. It is your most precious gift.

You all are progressing wonderfully. Get your firm foundation—that you are God in action. Your spoken word has Power. As you practice according to the guidance given you in your lessons, you will soon feel the great Power through you. You will be so happy when you have proof; and you will try harder and more earnestly until it comes naturally.

When you see or hear of anyone in need, no matter if it be sickness or otherwise, you will turn to God and declare the Truth.

I appreciate the love and devotion of you all. We love you all dearly and bless each one in the class.

September 21, 1946

We will discuss the problem of not being interested in what we are doing every day, as in our work and thinking.

You have the answer to any problem that may confront you. Love and gratitude will open many channels for you. Just be grateful for any word of encouragement, no matter from what source.

When you know yourself, you will not have any problems. Your Spirit Friends are ever present to help you. Do not block the good that must come to you and yours, by your wrong thoughts. When we doubt, we build a barrier, and the Light cannot penetrate.

By your gratitude and acceptance of good already be-

stowed, you will be a clear channel for more good to flow. Your darkest hour is the time when you should have more faith in the unseen. Just know for yourself that there is this great God-Power ever present that can heal all sickness, sorrow, or lack of any kind.

When you try honestly to think on these lines, you will be surprised how things will shape up for you. You will be so happy that you will not doubt the goodness of God. But you have to be a clear channel for this good to flow through. When you are worrying or thinking negative thoughts, your channel has clouded, good cannot come through. Your Spirit Friend cannot work through this; it just shuts out all good from yourself and others.

Love means so much to us all. We cannot progress spiritually unless we have love in our hearts, kindness towards each other.

Please try not to be disturbed about anything. You have this great Love and Power which can accomplish anything for you, but you must do your part.

Now, dear ones, be happy and rejoice in all Good. Just place your problems in this great God who can solve all things; never doubt—just know all things are possible to God.

We are grateful to you dear, faithful students. You will accomplish much in this good work. Again I say, do not look to the physical for help; know yourself and others as spiritual, and the seeming physical will respond to your thoughts of God.

September 25, 1946

Realize when you speak, God speaks. You are always using the Power of God when you think or speak, move or walk. When we think on these lines, it brings the reality of the Truth closer to us and we begin to see how simple the Truth is. It is the recognition of the Truth that does the work for us.

Suppose you wish to know the answer to any problem.

Just know the answer is there, or you could not ask; then be still and receive your answer from within. You may think it is yourself answering, but it will be the real self, the real *you*.

Your love for all humanity will help in so many ways. We love to have others think kindly of us; therefore, we must have kind thoughts of others.

Go over your lessons, and you will be surprised by what you have learned in this short time. Greater things are in store for you all. Is there any special question you want answered? Write it down; I will answer you.

After a few more lessons I will tell you how the Power operates through your seeming physical body. First, I want you to know this Power is present at all times.

September 28, 1946

As we realize our oneness with God, we begin to know this Power exists. We use it in our everyday work and pleasure.

You are one with God—not separate—you are this God-Life ever present. You are all that God is. You have access to all God is.

Now this is a little review. I am so anxious for you all to know these simple points. You may seem to be a physical person, with a Soul you see as two at times; but try to know your real self. The Soul of you is the *real* you.

Do not separate yourself into two. At present you do not know this real self, but you will see your real self before many more lessons. You will know there cannot be two of you—just the one God in action. You have always been spiritual—it is just knowing this and holding fast to the Truth. Never let any thought enter your home, your spiritual home, that will not bless yourself or others.

Negative thoughts, such as jealousy or criticism, just cloud up your mental home, and the good cannot reach you.

Just know that knowing yourself is the one important thing in your life, and put out of thought anything that will

hinder your progress. Our mental home is so much more important than building the physical home. If our mental home is perfect and beautiful we will find ourselves in beautiful homes here. A beautiful spiritual home would not be at peace in undesirable surroundings. First, build your home with love, kindness, and beautiful thoughts. You will be happy.

Do not worry if things do not seem clear at first. Sometimes it takes time to undo what has been accepted as "truth." It took Jesus many years of study to be able to accomplish the works He did.

Just say your affirmation every day. Know who and what you are—God in action. Say it over and over until you know it. Your requests will be answered when you realize this Power is ever present. Just ask, knowing your wish will be granted. First, you can ask only for good for all. Always think that what you ask is for the good of all. Accept good and be happy. Just know all good is there for you. All love is there for you. All happiness is there for you. You must accept and use your wonderful gifts. Do not bury or hide them by thinking negative thoughts.

Never say of yourself things you would not say about God, for all there is to you is God. I do wish you all to be happy, knowing you have this great gift of God.

Now this, as I said, is a little review; and after this we will speak on different subjects.

October 2, 1946

Now we come to our new subjects. First, we will speak on true Love, the Love of God, and how it operates on this plane of existence.

As we know, God is our starting point in all lessons. You reflect the Love of God in your daily actions when you show kindness to your fellow man. Never be afraid to recognize the God in everyone you meet. We are all one, and we must recognize this oneness to know ourselves and others. You are

this great Power of Love, Kindness, Joy; use it, and your life will be a real joy. The love and kindness we give to others help us to progress. When you know your real self, you will have health of mind and body.

When we say "Love," we mean all the word implies, which is goodness, kindness, loyalty, respect. You see this more clearly now. This is the way Love operates through you. Now you begin to see how to use this great Power. Just raise your consciousness higher and higher every day; soon you will realize this great Truth and will be happy all the time, knowing you have a Power you can turn to for your answer to any problem.

You must do your part to turn within. Marvelous experiences will be coming to you soon.

October 5, 1946

Tonight we will speak on the great Love and Wisdom of God.

Wisdom is a word little understood. You gain knowledge, but Wisdom comes from understanding, understanding your real self and God. When you gain Wisdom, it is from things you have worked out yourself. You may have knowledge of the Truth, but Wisdom comes when you prove this knowledge by putting into practice the Truth in your lessons. By listening to the still, small voice, you soon will learn how you may gain this Wisdom. Then you will be able to answer any question you may be asked, and answer it in the correct way, knowing you are giving the right answer, without a doubt. It will all come so naturally to you, you will not stop to think it out—you will just *know* the answer.

Just know you have the answer to any question within, for the answer is there for you. Just learn to expect the answer to come to you, and you will soon be surprised at the results.

Wisdom—a great gift from God to your real self. Just

be grateful every day for such precious gifts; they are many. The more you dwell on the Light of God, the more you will understand.

October 9, 1946

We have the Love of God to help us in all our undertakings. We progress faster when we learn to turn within for all our answers. You are a part of the great Oversoul. You know all; just recognize this at all times.

We will talk about goodness. Our real self is the part that knows only good, never can see any mistakes or faults. To overcome our mistakes and faults we turn to this self that knows only good and think of all the great good that comes to us; soon we will be relieved of anything that is bothering us. This is the only way you can express good. You must know you can turn within; and just do not think it, but *do* it; then you will be so grateful for your experiences. This real you knows how to solve all problems. You must believe this. Know it.

As we journey through this existence, we find many problems confronting us; but when we learn to turn within, sickness and worries are met.

Now please try this. If at first you do not seem to know how to turn within, just try some simple test, such as to think of the goodness of God, the wonderful things He has provided for us all. While you are doing this, your mind is off yourself, and the Power of health can flow through and heal all diseases. All is Peace, all is Love—just think on these truths every day. You will soon know you can prove the statements of Truth. Just assure yourself every day that this healing Power is ever present for you to accept.

October 12, 1946

Let the Love of God penetrate your heart. We all need

this Love, Kindness, Joy. The world is hungry for just these. It would make all the difference if each one would help himself and his fellow man.

Never be selfish, always want others to enjoy the good you have, always be willing to share.

The subject of vibration is a little advanced for you at this time; we will lead up to it as our lessons unfold. First things first. We must know the simple truths first and how they operate; then the others will be easier to understand. When you know the Power is present, and have proven it to yourself satisfactorily, you have advanced one step and will be ready for greater things.

The understanding of God and man should be your first wish. When you learn your real self and can turn within, your other wishes will be coming in the way you wish. It takes faith and a real desire to give all good. Great will be your reward.

If you can realize you are being prepared to receive more blessings, you will be very happy. I know you want to help your Spirit Friends by knowing the Truth. They love you and are helping so much. Do you feel now that you know something of this great Truth about yourself and God? When you affirm the Truth and recognize the Power of God as ever present, do you not see you are sending out this Power that will help in your demonstrations? Do not be anxious; just know God is there for all, and accept this good, knowing you cannot ask in vain. You must let your light shine; that is the only way you can help.

Happiness means so much, radiates a light of warmth. We just want you to be happy and receive the good that is there for you; but you must do your part, just as you would receive guests you love into your home, doing all you could to make them happy.

It is the same attitude you want to take about your class. You would prepare your home for your special guests; now prepare your mental home for your Spirit Friends. Be



as generous to them as you would be to your guests here. Listen to what they say, and feel you are receptive to these great Teachers; you will learn much. The more you understand Truth, the more you will receive. Come to your class ready to give and to receive all blessings. We want you to receive all this opportunity gives you. Do not cloud your thoughts—just be happy.

October 16, 1946

The Love of God that penetrates our hearts can be recognized only by the love we show others. When you do a kind act or help in any way, your heart feels glad. That is the Love of God penetrating your heart.

Tonight we will talk on the great Oversoul, which is God. Our Soul is a part of this great Oversoul, knows all, sees all, hears all. It is the part of you that you must recognize at all times. It is the real Life, your activity. To make it easier to understand for the present, just know this real self is there at all times. It may seem another person to you at present, but soon you will know it is the *real* you, and you will forget this little *seeming* you. Just feel this great you at all times.

Dr. Russell says to tell you the little me is disappearing rapidly, and that includes you all. Everyone is progressing, and all will be happy.

October 19, 1946

We will discuss the one great subject of which we all must learn, the Power to recognize the Divinity of ourselves. This Power is the gift of God and is manifested in and through all beings and things.

We are one with this one source; we operate as a seeming physical being, but we are spiritual, and we must recognize ourselves as spiritual. We must say this over and over until

we do feel we are accepting our Divinity—our oneness with God.

This real you is ever present to give you the answer to any question you ask. We do not take time to wait for the answer but so often do the best we think. Afterwards we see our mistake; just a few more minutes of waiting would have made so much difference. Now just try this the next time you are going to answer some question you are not sure of; it takes only a second. You will find it easy to do.

The next important step is to know just how the *real* self seems to answer this *seeming* little self. There is only one self that knows all—you are that self. So do you not see that the answer is there, for you know all? When you know this self of Light, Love, Happiness, you will find all discordant things falling away, to be remembered no more.

Just make a beautiful picture of the self and see it as *you* at all times; you will feel so light and free that you will never be tired at your work.

Declare you *do* know, you *do* see, you *do* hear. Your real self knows all. Prove it!

Now we come to the close of the lessons on the self. Please study them often. Our next lesson will be on Spirit, Soul, Mind.

October 23, 1946

We will speak on the subject of Mind—your Mind, my Mind—the use we make of the one Mind which is God. The power to think, to speak, is given us. This wonderful gift is to be recognized by each one.

When we know only the one Mind is present, we begin to see we are using the Mind every minute. We are given this great Gift, and it is up to us how we use this Mind in our thoughts and spoken words.

As we think and give out our thoughts, so we will receive in return. Guard your thoughts and spoken words.

Just think how wonderful it is to have access to this infinite Mind—Power of God. Use it in the right way, constructively, not destructively.

October 26, 1946

Tonight we will know how to use our great gift, the use of the one Mind. God being ever present, the Power is ever present. Just know this at all times. When you speak, know you are using this Power, and be grateful you can speak and think. Every time you speak, you use this Power. What greater gift could you receive than the one to speak and think?

These gifts are not material. They only use the material organs to express this Power. Your material body is like a piece of machinery; it is given the work to do.

October 27, 1946

Love within our hearts will open up words untold. This gift of the Mind is so wonderful! We stop to think; how wonderful that we can think and speak! Soon you will learn just how this Mind operates within this seeming physical being. When you are speaking, just step aside, as it would seem, and listen to your words. You will soon learn to speak and listen constructively. This means so much, as your thoughts and spoken words return to you and cannot return void. This is the next important step.

First, know yourself; and then learn how you manifest through a physical body. You will soon find you are using this great Power and will rejoice.

October 30, 1946

As we journey on and try each day to learn more of this great Truth about ourselves and God, we soon learn how we operate through this seeming physical being. Your Mind

being the only Mind, you use it in your thinking and speaking; but you do not know just how this is done, and this we will endeavor to teach you.

When you can realize this great Truth, that you are spiritual, manifesting in and through this physical body, you will be so grateful for all your lessons that have brought you to this point. From there on, you will soon know how to turn to yourself at all times. That is the place we turn to when we say, turn within and shut out all other thoughts. That is your place of peace and rest.

God reigns supreme, and you are one with God. Just raise your consciousness and keep it there. You will receive many wonderful impressions and teachings. It takes an honest effort to accomplish the things we wish so much. You will not be disappointed. Just try this simple experiment.

November 2, 1946

As we realize more and more these great truths, we will rejoice and be happy helping others. Tonight we will speak on the great Love we can show to our fellow man by our thoughts and acts, by the use of this one Mind.

We will dwell on Mind for a few lessons until you do realize you are using this one Mind of God.

In your work, in your play, no matter what the occasion may be, you are using Mind, the Power of God. Just try to think how wonderful this is. All is Mind in action. Soon you will know this without a doubt. When you speak, you will stop to think: I am using the Mind-God-Power, and I must use it in a constructive way.

With your hearts filled with Love, you can accomplish much. Please get these simple points, and the lessons will not be hard for you. We must study to accomplish what we are searching for. When you go to school, you study. You are attending class now, just as you would at school; and do not be surprised if your Teachers do ask you questions. So be ready for your answers.

Make an outline of the different points I have given you. Learn them, study until you know them. The more you know about the Power of God, the more you can give out to help.

November 23, 1946

Our lessons are on Mind, the one Mind which is the Power of God we use to think or speak. As we speak to each other, we have only to think: I am using this God-Power. Soon you will be conscious of using different words and phrases. You will be very careful of what you think and speak. Only beautiful phrases will come to you. You will say only things you would want God or your Spirit Friends to hear, and you will be so happy listening to the beautiful spoken words and the beautiful thoughts which come to you. This will be very new to you at first, but just try it for a while and you will be amazed at yourself and wonder where the beautiful expressions come from. You will have much work to do.

You can do so much by the spoken word. A few words given in love help so much. Again I say, love much! Your thoughts and spoken words will help. You send them out in Love, and they will go whereto they are sent.

November 27, 1946

One of the many things we are thankful for this Thanksgiving eve is the knowledge that we are not separated from our loved ones, and that they are ever present to help us with our problems.

We are also grateful for the teachings we are receiving. What a wonderful thought it is to know of this great Mind we use every day and never give much serious thought about where it comes from. We just know we can think. Now stop to think where we get the Power to think. Stop once in a while to analyze these truths; and once you know the

wonders of having so much given you, you will be very thankful.

God is the giver of all good, all blessings. Every day give thanks to God for all good. The good is ever flowing just as a river; you must accept and know the good is there for you. Speak your words with authority, knowing whereof you speak. You are using the Power of God, the one Mind. Know your spoken word will accomplish what you wish.

Now, dear ones, do not criticize—just love all you can, help all you can. The higher your consciousness, the more Power you radiate. We are grateful for your earnestness, and know much good is accomplished in your class. What I am trying to make clear is: The more you know spiritually, the more good you can do to help your class and Spirit Friends.

The One Mind is *your* Mind, you can use it for much good.

November 30, 1946

We come to the close of the lessons on Mind, the Power of God to think and speak. I know you have given it serious thought in these lessons; and as time goes on, you will realize more and more what it really means to you to know the Truth about Mind, *your* Mind, the Mind of God.

Think on these past few lessons and say them over and over until you do accept the Truth. Never speak an unkind word; you are using the Power of God. Use it for the good of all. Never criticize, just love. Know the Truth about everyone you meet. When you know the Truth about your fellow man, all other thoughts just melt away; you do not see them or hear them.

Learn to close your ears to destructive thoughts, to open them to all good. Now you can know what great work you can do. If the whole world would do just that, we would have peace and harmony. When you realize all good is ever present, you will learn to expect good in all your undertak-

ings, in your work and play. Just always know good is there for you. I cannot repeat this too often. Do not think one way and act another or express your thoughts just to please others. Just know the Truth always.

You cannot be divided in your thoughts; you must follow the one path to accomplish the good you are seeking.

These points are so important that I do want you to accept them. They are the Truth. They are teachings from the great Masters made plain so that they can be understood without hard study—just acceptance.

December 4, 1946

Our lesson tonight will be on Soul. The Soul is the part of you that is also a part of the great Oversoul—God. God is All in All, our starting point in any of our lessons. We use different names, but all is God in action. Your Soul is the part that knows all, sees all, understands all, is the real *you*, the you who uses the Mind to do all your work. Just recognize this real self at all times. Know that you only have to turn within to get your answer. The Soul knows all. Know this without a doubt, and you will find all your problems answered.

Say these Truths: I am not separated from God; my soul is one with the great Oversoul; I use the Power of Mind to solve all my problems. Affirm these most precious gifts for yourself; soon you will know yourself and your fellow man. You will be very glad when you prove all these statements.

When you are in class, just realize the Power of God is ever present. Love is ever present. You will soon see the results of faithful work well done.

December 9, 1946

The subject of Soul requires much study, for the Soul is the real *you*, the part of you that is a part of God. As we grow more spiritual, we begin to understand more of our-

selves, the oneness. God being All, we are God in action.

Just try meditating on the real you. When you can turn within and listen for your real self, you will then know what real teachings are. The Soul knows all and can answer your questions. As we study, more and more about the Soul will be unfolded. The Soul, the real you, is not separated from the source of all good.

When you can realize this, you will be on the path of greater understanding. We are grateful we are one with God, All Good. Love and kindness will open many doors.

We will understand more and more as we study these truths every day until we do accept the Truth about man and his Maker. We will recognize the Light that is ever present.

December 11, 1946

We will spend a few moments in review of the important points in our lessons. First to know you are not separated from God; second, to know you are a part of God and have the use of this great Power.

You manifest Love, Kindness, Happiness when you are being loving and kind to others. You must recognize this Power as ever present, that you use the Power in your thinking and speaking.

Now this real you that does all this is the Soul, a part of God. Just think of this real you at all times. The seeming material you will become a finer and more beautiful home for this real you to manifest itself through. This material you is a wonderful piece of machinery, but it cannot do anything without the real you. Just these few points will carry you far on the path. Raise your vibrations by knowing these truths. Remember only love, kindness to all mankind and to each other. Real love opens many doors; jealousy closes many. So be sure in your mind that you are free from any negative thoughts, and soon the path will be clear and you will be happy.

There is so much good waiting for you all, but you must



do your part. Each one must clear his own thoughts. Do not criticize what another says. You have only to answer for your own thoughts and words.

December 14, 1946

We come to the time of year when all humanity recognizes the Christ Spirit, some one way, some another. How great would be the work if we could carry the Christ Spirit through the year, just recognizing the Sonship of each one! When we recognize the Christ in our fellow man, we are knowing they are not separated from God. Now try to know this through the years to come. *You* represent the Christ.

Jesus came to show us how to recognize our oneness with God. The Christ is with you when you recognize your oneness with God. Christ means "Sonship." You and the Father are One, never separate.

The Love of God is ever flowing to his sons and daughters. You have only to learn to accept; it will not be hard. Just try each day to recognize your real self. Each one must be happy knowing these great Truths. We are happy when we see you all happy. We see the Light you radiate and know how you are accepting your great Gifts. They are so much greater than any material gifts you receive, and I do not need to tell you to be kind and loving towards others at this time of the year, for the atmosphere is filled with the loving thoughts—Christmas cheer.

You feel it and know it fills you with gladness. Keep this Christmas cheer in your hearts always. You would always be happy; nothing would ever disturb you. You just would not have room to entertain any other thoughts.

A heart filled with Love could know no bitterness. A heart filled with Love would not be jealous. A heart filled with Love would not criticize. Now see how you could express the God-Love at all times.

Just refuse to accept anything but good. Let nothing worry or upset you. Just know you know the answer to any problem within.

Again I say, love all you can. You have a lesson on Love, the Love of God, what it really means.

December 18, 1946

We are so anxious to have all you dear ones at peace with yourselves and the world. The New Year has much in store for each one. You will receive just what you give.

Now decide what you want most and try to help others receive their wish. Only by helping each other can one be happy. When you want others to share your good, you will find more happiness. You see how you feel at Christmas time; that is the way you should feel all year.

When you know who and what you are, you will recognize your fellow man as much a spiritual being as yourself. We find happiness in making others happy, not just to please oneself but to help them find happiness in the right way. Remember your real self; the Soul knows all and has this God-Power to use for good only. Just stop to think what you really are. You would not do or say anything about God. You *are* God in action.

Be grateful for all good. This great Love is ever present. You cannot help but be loving when you know God-Love is ever present.

December 21, 1946

We are happy in the progress the class has made in the past few weeks. You all may not see the change in your thinking, but we can see the Light and are so grateful you are accepting these great Truths. What greater gifts for Christmas could you wish for than the knowledge of knowing yourself? So review your lessons as often as you can until you know the important points. You will be very happy at the progress you have made.

Today we all recognize the Christ Spirit—love for our fellow man. Now do that every day during the New Year and you will make rapid progress. Affirm every day that

you do know the Truth; you do radiate Love; you are a part of God. Your spoken word has Power and cannot return to you void. How careful we should be of our words and deeds! We wish you much happiness for Christmas and the New Year.

December 28, 1946

As we come to the close of the year 1946, we are grateful for the opportunity to help you dear friends. I know there has been much good seed sown, and the harvest will be great.

Our lesson is on Soul. We will refer to the Soul in other lessons, for the Soul is this real you. Do not worry if others do not understand—they will in time. All will know the Truth about themselves and God. They will know, without a doubt, that the real Truth is within. You may believe what is given you, but you only know when you recognize your real self within.

This glorious Light, which is God shining through, is seen by many, and they use it for the good of all humanity. Never fear good. Evil and good cannot be present at the same time. Accept good as your gift from God.

We have much to learn; but by studying every lesson and knowing the truth about yourself you become a channel for good. You cannot know good and act in another way. Do not cause anyone to be upset by your thinking; they just do not understand.

When they are ready, they will accept the Truth. You are ever progressing; you will always find ways to express the goodness of God. Cast out all negative thoughts; know only good is ever present. These lessons are to teach you about your real self and God. We have to repeat and repeat until you do feel you have accepted the Truth.

All great teachers teach that the greatest lesson is to find yourself. Then what is true about yourself is true of others. Those who know the Truth will be able to stand up in all trying times. They will know the answer to all problems. So,

dear ones, in the New Year you have many blessings in store for you. A home filled with Love will be blessed. Never cause anyone to stumble.

Everyone must come to the truth in his own way. Help all you can. Be patient, loving, kind; then you are really doing a good work. If you teach one thing and live another, you are a hypocrite, and you cannot expect to have good results.

The Truth must be lived every day, every minute.

January 1, 1947

Happy New Year to all you dear ones! In this New Year we will receive many blessings; each day you will receive some proof of your teachings—that God is All. Just say it over to yourself many times a day; for when you really know that, everything will seem to change for you; you will know that you can turn within now without a doubt. You will know just how to handle all your problems. It is the use you make of your lessons that will benefit you. By just reading them over and not trying to put them into practice you will not receive much benefit.

Like the Boy Scouts, do one good deed a day. Your good deed would be to prove some of the statements of Truth. Now, dear ones, start the New Year by doing just this. No matter how you may feel, just know the great Power is ever present to help, and have a kind word for those who do not know the Truth.

You will be happy in helping others. This wonderful Power is ever present for you to use. We are so grateful for this gift.

The Truth is that God is All. Now just try to know that under all circumstances.

January 4, 1947

What we do or say must be for the good of all mankind.

You are most happy when you are doing things for others. Your Teachers are anxious to give you their great Truth. They stand ready to speak to you all.

The Truth is given to many to give out to others. One may not always recognize the Truth. Try to recognize the Power present every day; use it, and prove to yourself that you do know the Truth about yourself and God. Dear ones, that is all you have to learn; then practice the Truth.

You may listen to wonderful speeches and beautiful words, but, after all, the simple lesson is all you need—God is All, and you are God in action. Just know that and see it in everything you do; recognize the God-Power ever present at all times. Your very Life is this God Power.

Just know that—believe it, prove it; you will go about your work so happily when you know who and what you are. Now you really believe; soon you will know.

January 12, 1947

Dear one, I want you to have a little rest. You are wondering about your lessons. We will begin them when you feel you are ready. You are anxious to know just how to approach this place of your secret self. Just be still and know the God-Presence is here, manifesting itself as you. Just turn to the one place and listen for your answer to any question. Soon you will know you are hearing right.

Just wait until you are pressed to write, and we will do better. I will come to your call.

January 27, 1947

Dear one, we are happy to come to you tonight. Your lesson will be on the great Presence within. Do not make it hard for yourself; try to think of Life as this Presence. Your Life is this Presence of God, ever present. When you think of Life, you are using God-Power to think, you are

using God-Power to write. Just say this over and over to yourself every day; soon you will know it is the Truth, without a doubt.

When you feel you can accept these statements, we will learn how to demonstrate them. So raise your consciousness higher and higher; just accept and feel the real self at all times. Now do this for a few days, and I know you will feel you *do* know. Love to you.

February 3, 1947

Tonight we will welcome a new teacher, Master Juana Ashawaska. Master Ashawaska will give you some real thoughts to practice. First, take the breathing, the first one; then be still. I will impress upon you what to write.

You reached the point where you can realize the Presence, and Jennie is very proud of your work. Now I wish for you to listen carefully.

The God-Presence manifesting itself as you is this real you always. To know and feel this Presence is vastly different from the use we give it. The use is now what you wish to know. Try this simple rule first. When you speak a negative thought, at once reverse it and declare the Truth. You will find many occasions every day for just that one rule. Then try to see the good or God-Presence in every one. The third is to see the Love of God expressed in many ways.

Now try to practice these for a time, and you will be very happy. That is all for this lesson. Jennie is here. Now, dear, you see you can get used to one Teacher, but that you must not do. We all love you and want to help. Juana is a wonderful Teacher, and you will enjoy your lessons.

We are grateful for the love and confidence you give us.

Lessons of Truth  
by My Spirit Teacher  
Master Juana Ashawaska

February 9, 1947

I find you have been very faithful in trying to do as you are told. We are very grateful for your efforts. Just keep up the good work. Tomorrow I will give you more; tonight is just a Sunday visit. Dr. Russell is always near and hears your every call, so do not think we do not hear you. The voices will come clear to you at all times. Now, dear, just know we will help you at all times.

February 10, 1947

You are a child of this great Presence you have been reading about. You are realizing this great gift, the knowing of this Presence. We are very happy to see you unfolding so rapidly.

The lesson will be on your realization of this Presence. First, you must be very still and place your thought on the forehead; then realize the presence of this great Light. Give thanks that the Light is there. Now do that for this week.

You may do that just as you begin your sittings; then speak your words and send them out to bless. You are doing a work; you may not be able to see what you are doing, but many can see and are blessed and helped. You are so good to obey all instructions. A great good will open up to you. You will be able to write oftener; we will impress you. We can see how you progress.

February 16, 1947

You must keep a channel free for all good to flow; by that we can do a work. You recognized the Master Presence, and soon you will be able to help with the Light. You will learn how to use it by following instructions in your lessons. You saw the Light tonight. Always know you *do* see.

Now for your lesson.

Sit still, know the Presence is within and around you.

speak the words I give you: "I am this God-Light; I am this God-Light." Say them seven times; then be still and know the God-Light is present. I will be present to see how the Light radiates. Do this before your sitting or at any time you can relax, and be still but do not lie down. Now this is your lesson. You may write Wednesday night. You will be surprised when you put all the lessons together.

February 19, 1947

We know you will do all you can to practice your lessons. You can do them even at work, for you can recognize the Presence at all times. It only takes a few minutes of your time.

Tonight we will have for our lesson Joy and how to be joyful. First, think of Joy—what the word really means. It means the expressing of this God-Presence. When you think of the great God-Presence, you have a glad feeling; just keep that glad feeling always. Know the Presence of all good is yours. Be still, I AM this Presence.

The Light and Power are always here for you to use. Know this every day, every hour, every minute. Now be still and know.

February 22, 1947

Tonight I wish to tell you a simple story. When you realize you can hear, and know you can see, you wonder how you ever reached that point. When you reach higher steps, it will be just the same. Always look to the Presence within, knowing all good is there and will be unfolded in the right time. Just as you are able to accept it. Always go over your lessons, as you did tonight, and practice them.

This Light you saw in front of you is *your* Light. You radiate a Light when you are writing; others see it. Many come to learn in order to help others.

Now, dear one, you can be very happy, knowing this



great Presence; and with your lessons, you will know how to use it.

February 24, 1947

Our lesson tonight will be on how to use this Power which you now recognize. First, always know the Power is ever present, then be thankful you can realize that.

The Power you use in order to know is one of the proofs that there is a Power. Just recognize this Power in everything you do. You could not think, speak, move if it were not for this God-Power. So you see, the Power is ever present. We do not take time to recognize it. Just take notice for one day how you use this Power; also, how others use it. We want you to turn within for your answers. Soon you will hear the voice, the real you.

This Power is so great we use only a fraction in our everyday use. When you know more about how to recognize and use this Power, your every thought will do much to help. It is like going to school, as Jennie says. You practice and practice, then soon you know; and it all seems so natural. You think the right thoughts without an effort.

March 3, 1947

Your lesson tonight is one you have wanted for a long while—the lessons on how to find this real self. Now listen closely. You are a child of this great Presence; you *are* this great Presence in action.

This great Presence must have a channel to operate through. So do you not see that this real you is this channel through which this great Presence operates? This real you is what we sometimes call a “child of God,” but you really are this Presence in action. Say this to yourself often.

You know this Presence is the Light of God. When you think of another, you know they are this Presence in action.

You cannot see this real you, but you can know it is ever

present by observing different expressions and actions. Now does this seem clear to you?

According to your actions, are you expressing this God-Power rightly? Much good will unfold soon. Never worry about the future; you will be taken care of. You have much work to do. Just be patient, loving, and kind to all who come for help.

March 5, 1947

Dear one, we wish to tell you that your friend Purple Heart wished to come to see the progress you have made. When you look back in a year or two, you will see the progress you have made. Just a few points. Go over your lessons, from the first one, every day; soon you will be able to do it very quickly. You are doing nicely at work. I see you correcting yourself many times.

Dear, we work silently so much of the time. Your seances are wonderful. Teachers are always glad to do all they can to help. We know just a few words mean much to you, but the voice within means so much more; so work for the hearing of the voice within. Soon you will be able to recognize it. This real you knows all, sees all, can answer all your questions. This was just a little talk for others to see how the work is done.

We are grateful to you for being so earnest in wishing to write. We all send our love to you. Purple Heart sends her love and will help you much. Jennie is here to give you her love.

March 10, 1947

Tonight we will talk on the gift of God, this Christ-Presence. When you recognize this Light of God as your very own Light, you recognize the Christ or the real self of you. It is all so simple; we make it hard for ourselves. Just accept this oneness—one being; *you* are that. Meditate on this until

it does become clear to you. Then turn within to this real self and receive your answer to all problems.

When you hear someone mention sickness, just know their real self is perfect; that includes health. Always turn to the perfect self within, the only self which is always perfect and whole.

When you recognize this, you are bringing into action the Power, and that dispels the belief in sickness. That is the way you use Power to help. It just takes practice until you do it automatically when someone speaks of sickness.

March 10, 1947

So turn within, sit still and think only of this great Light, your thought on the forehead. Hold this as long as you can without changing your thought. At first it may be only a few minutes; but keep trying until you can keep the one thought there for some time. Soon you will feel you are away from everything, noise will not bother you. Then you can listen for the *real* you to speak. It is just learning to know yourself.

You have long thought yourself as another; now learn the real You.

Practice this, and we will help you. When you once hear the real you, you will wonder at the great wisdom that you have had nearly all the time, only waiting to be recognized.

March 17, 1947

Your lesson tonight is a real treat for you. This Light you see from the corners of your eyes is the Light you are realizing. So you see, you do radiate this Light. Now let's take this Light and go places and do much good. Suppose we wish to help someone, say, in New York; at once you picture this person as a spiritual being, a channel for this Light to flow through. Just know that for anyone.

In this Light is all the Power, Health, or anything one would need. Now that will not be hard to do. It does not matter what the person seems; it is your duty to know the Truth.

You help by giving the lessons to ones who are anxious to learn. If I give you short lessons, you can apply them easier, with no waste of time. Now just make a short outline from the first lessons; you will find it all coincides, and you have a system to work by. Just follow it, and you will accomplish much good.

March 19, 1947

We called you tonight to give you a little talk on understanding Light vibrations. You feel these vibrations but do not know how they operate. For instance, last night you got a vibration that all was not as it should be, and you want to know why you did.

We are sorry to say there is a little deception in the work; it may not matter much in the end, but you sensed it, and that is why you doubted. Now how did you receive that message? Your Spirit Friends are always near to protect you. You could go and not notice a thing out of order, but the feeling would be there, and they would sense it.

There are places you can go to if you must, but we would be happy for you to give all your time, which is very little, to your search for acceptance of your real self. You will find all your answers within.

Your vibration is this Light going out; and when it meets a negative thought it rebels, knowing that there is a barrier in the way. Now that is the way it seems to us here, but nothing can hinder the operation of the Light, your real self.

If at any time you wish to know, and cannot find the answer within, just call us. We will help you. We want you to keep a clear channel for all good to flow. We all love you and are near to help. You understand what I mean to impart.

March 24, 1947

Tonight we bring you a wonderful message. Your love and appreciation are a great help. If you could only spend more time in meditating and receiving your good. We know you are earnest. You will find a way to study more. Now for your lesson.

We will speak more on vibration. As I said before, your Light sends forth a vibration, or, as one might say, a wave on the ether.

We cannot see these vibrations, but they are there, just as the radio sends out waves. You see that, don't you? Others send out waves of vibrations; and when one is in tune, they receive the impressions.

So keep yourself tuned to good only, and you will receive good, protected against any negative waves.

If people understood this they would be very careful with their radio-self. It is one of those things you cannot see now.

Some people see the colors one sends out. You will be seeing colors before long. Every thought you think has a vibration; and every word has a stronger vibration.

We should be very careful about what we think or speak. Always be ready to receive only good vibrations. You are using this Power, this Light of God, and sending it out to help. Just know this is the Truth and is done to help mankind. Now I know you will stop to think about what kind of vibration you are sending out, to be received by someone, and what kind of vibration *you* are receiving. Try to talk on pleasant things; you can help so much more by doing just that.

Now, dear, this is quite a big order, but I know you will do your part. You will feel so much happier knowing you are doing a work.

March 31, 1947

Tonight we say you have blessings in store for you. We come tonight with all love and tenderness to give you this

lesson on being kind to others in thought and deed. We must realize our thoughts are as important as acts. So take care of your thoughts.

You are doing nicely with your lessons. We are glad you will have more time to practice, for practice is what brings results. Just do these exercises for a while. We are helping you every time you practice. Remember only good thoughts send out good vibrations. Just reverse any thought that is not good, and soon it will fade away. As I said before, the most important lesson is to practice this Presence within. We will keep on until we do realize the greatness of this Gift. Be still and know God is All.

April 4, 1947

We wish to let you know we are with you on this day we call "Good Friday." It is nice to have one day when so many turn to the Christ-Presence. We should think the same every day. You are trying to put your lessons into practice and are doing well.

Now, dear, just a little surprise. Listen closely: Dr. Russell will speak to you. The noise you felt in your ear is being caused by the work we are doing to help you hear more clearly. Just as you do now, so we will not have to depend on others to interpret for you. It will not be long, just listen every time you feel us near. I know you will be glad to receive this message.

Now Master Ashawaska speaks: "See, dear, we are doing much to help you obtain your every wish. Keep up your meditations; you will soon hear the voice within. We know you realize what Easter really means and what Jesus was giving to us all, the knowledge of our real self, and that there is no death. Keep up your good work. Remember, you are this channel God works through."

April 7, 1947

We are welcome to your home at any time, we know, and

are grateful to you. We all love you and wish to help in every way we can. It seems that we have so much we could talk over together, but the lessons are more important just now.

Tonight I wanted to speak on the Love this vibration sends out when you speak words of Love and Kindness for all people. We wish you could see this Light; you would be so happy. You have faith in us; and when we tell you these things, you accept them. That makes your work so much easier for you. Just keep up your good thoughts and spoken words—they help so much; and keep going over your lessons, and practice the meditations. We will tell you when to make a change in your work. Some sit for hours in meditation until they can realize this real self. That is, as I said, the important point.

The time of your sittings is when you give help to others; also, when writing, others are learning to write. Now just think over the lessons on vibration. You will soon be able to receive the thoughts of others and can help them. That is all for tonight.

April 14, 1947

Tonight we wish to give you a few points on meditation.

First, you have in your lesson to put your thought on the forehead. Now try to think of this great Light there; try to realize this Light as getting larger and larger until it seems to envelop the whole being; then give thanks for this great Light of God. Second, you may hold this as long as you can without changing your thought. Third, realize you are doing this to still the outer senses; then listen for your real self speak.

In your sittings just realize this great Light as ever present; and speak the word which sends out this Light and helps many. Just know every good thought or word *does* help someone, and that is what you really wish to do. We will help you in your meditations.

Dear Ones are waiting for a word of encouragement, and we have much to do. I know you will help all you can. Now, dear, practice and practice!

April 17, 1947

We come tonight to give you a special lesson about this real you, the expression, or channel, of the God-Presence. This God-Presence hears all your questions; and if you will be still you will receive all your answers. You are right—God is All. Nothing takes place but by the action of God.

Do all you can to encourage anyone who asks you about writing. The little lady will receive her writing. You may tell her. We are grateful when you want to write. We know you recognize our presence.

This Light, which is God in action, is now a reality to you. You know it is present, do you not? You are grateful for all good received. Be still and know the answer is within.

Your father is here, and says to tell you that all seeming discordant conditions are met through the knowledge that God is All. You are right in your belief that all is perfection. Your father will help you prove these statements. Just keep up your practice a little longer.

We have a surprise for you—this is just a friendly chat and not a strict lesson. We will not forget our lesson on Monday.

You have many new Friends who come to learn. The new Friend who spoke the other night wants to let you know she is present and watching. She will give you a message soon. Your prayers have helped much. You are correct in affirming the Truth.

April 21, 1947

We are glad to be here to listen to your thoughts of gratitude. Yes, this opportunity is one of gladness, knowing this Power is present for us to use to help in so many ways.



Our lesson tonight is on the subject of how to reflect this Light and use this Power. You realize much of how this good can be sent forth to help. Now just be still and realize this Light is ever present. Hold to that for some nights before your sittings. It may seem repetitious to you, but that is the way we can see the results. You help in your sittings by your spoken words; also, by knowing this Light is ever present.

The world needs so much help; just a few words of prayer help so much. We can do that at any time during the day. By being still and acknowledging this Light of God as ever present, you will help much; also, it will help you in your everyday work. When your thought rests on anyone with Love and Kindness, you are using the Light or Power of God to help. It just takes a little practice.

Great things are in store for all who practice the Presence of God. Knowing that this real self is the God-Presence manifesting itself through them, they are a channel for God to work through.

We are all present and would love to write more so that others could see the work. We are grateful to Daisy Bell for the help she gives. She is always here to keep things in order. God is All in All; you are one with all God is.

April 28, 1947

We are here tonight to give you our Love and to help you in your realization of this self within. When you feel you are away from your self or body, and are just silent, then you know you are recognizing this real self. Just be still and listen—just that—and you will hear a voice speak to you. You may think it is yourself talking, but now you will know it is this real you we speak of so much.

We are anxious for you to know this, so please spend as much time as you can in meditating on this one thought. Remember, we are here to help you. This is the one point

you wish to demonstrate; then the other teachings will come without much trouble.

Now Dr. Russell wishes to speak: "Dear Child, you are so faithful in your sittings; I wish you could see the good accomplished. Any words you speak have Power. The singing is also a help. You radiate a Light that is seen by others, and they can learn just by seeing the Light. Trust this mighty Presence and all is well. Remember, I am always near. Call me at any time—I will hear."

Now Juana speaks: "We wished Dr. Russell to speak so that you would not worry about Thomas. The least worry throws a cloud, it would seem, and the Light does not shine bright so that others may see."

May 5, 1947

We are here tonight to bless you and give you many Truths. The Love of God is the one Love we all must recognize. It is different from what the world calls "love"—it is peace, satisfaction, no fear, no jealousy, no misunderstanding, just peace and happiness. We wish everyone could find this Love of God; there would be no fear of each other, just Love for each other. You recognize this Love when you feel kindly towards someone. When you wish to help someone, that is God-Love; it never changes, is always present to be accepted. We must see the God-Love in everyone we meet. This God-Self is all there is; just know that.

Now I wish to speak on jealousy. It is a form of madness, no part of God-Presence; and when you recognize it and turn to God-Love, it is dispelled. That is a very simple remedy for those who know Truth, but very hard for others. To help them, just realize their God-Self as ever present.

Any trouble can be erased from thought by knowing God is All. The cause of jealousy is want of Power in the human thinking. When one knows Power is ever present, and knows how to use it, one can erase any false belief.

As I said before, practice makes perfect. Every time you practice you are near your goal. Never get discouraged. You are doing so much good, so keep up your good work. Just keep your waves of thought sending out Love for all humanity. We have much work to do, and every good thought and spoken word helps. Be glad in your heart that you can be quiet, and think on spiritual things. Even at work you can always recognize this Power of God ever present. There is always someone who receives the thought wave. Your waves go far, and when you speak for any special place or person to be helped, it does just that. There is only one Power we all use. It is to know how to use it in spiritual ways that we are teaching you; and you have progressed beyond our expectation. We are grateful to you for your earnest effort.

May 9, 1947

We want you to know your mother is near for Mother's Day. She likes the book you are reading. It is absolute, a book by Lillian De Waters. You understand it and will be able to demonstrate this Truth for others.

Dr. Russell wishes to say a few words: "Dear Child, you are so willing to give up all seeming pleasures for your work. You are most happy when studying, are you not? To reach the understanding of the book you are reading just takes acceptance of your real being. You know now this real you is the Christ within. Just accept it under all circumstances, and soon you will be very happy, knowing you are doing a work. And as you follow Master Ashawaska's lessons, you will hear this real you speak. It is wonderful beyond words.

"Now, dear child, I am very proud of your work, and I know you will keep it up. You need some recreation, so the seances are a change; but try not to go so often. Your dear ones are always present, and soon you can talk with them at home. You need the quiet and rest of your home. I know you are anxious to help all you can.

Just be still and know this God Presence is your real self; then you radiate this Light which helps thousands.

Now Master Juana Ashawaska will speak: "Dear one, we rejoice with you! You may not realize the steps you take in unfoldment, but we see when you accept a Truth. Just keep up your good work. Your mother says she is so happy with you. She hears your every call. Now peace to your very heart, and love from all."

May 12, 1947

Your words of gratitude fill our hearts with joy. It is a pleasure to come to teach one who is so grateful.

Tonight I wish to talk on the great Presence within, your real self that you now recognize. You never lose your identity by knowing the Divine Presence is all there is to us. I see that point puzzles you once in a while. This real you is, as we would say, a branch of a tree; your very life flows from the trunk, or the Divine Source. You see that? So you see we are never separated from the Divine Source. We are this Presence manifesting itself as you or I.

Just accept this real you as never separated from the Source of all good. Always turn within to this Life, knowing *your* life is this Life, this Light, and cannot be separated from God—no, never. Just dwell on that thought often. You need God; God needs you. You have a place no one can take or fill. Meditate as often as you can; that is the only way to realization.

It takes many steps for some to accept the Truth. By meditating on this real self all will be unfolded. There will be no doubts, no confusion. As I say, it takes practice. You hear us often but do not recognize we have spoken; it just seems to come to you. Soon you will be able to recognize who is speaking. Just be happy; let nothing disturb you. You radiate a Light when you are happy; and you know how important that is.

Say to yourself every day: I know I am one with all God is, all Light, all Love, all Power; I never need to worry; as a child of God in action, I have all good.

Keep concentrating on this real self within; soon you will hear this voice. It will teach you all things.

May 19, 1947

Tonight we welcome your daughter to your home and are grateful for the interest she shows in your spiritual work. She will be a great blessing to humanity. She does great work now but does not realize it. Her willingness to help and make others happy forms a channel for this God-Light, God-Presence, to operate through. Great will be her reward. Her grandmother is very proud of her, watches over her, and guides her in all her ways.

Now our lesson. Tonight we did not know if you wished to write or not. We are glad to come any time you wish to write. Just realize we are all one big family and hear your call at all times. Keep up your meditations; they are most important. We wish you to recognize the real self within. You will be so happy when you know your real self. Now you believe; but you must *know*—that is the point. That is the one point some work on for years. You will not have to work that long. You *feel* you know the Truth. Now it is only yourself who can open the door, and that is done by meditating and accepting this real you within, or God-Presence.

We are with you every time you practice. Each time shows improvement. Read over your lessons; there are so many points that it is easy to forget them.

May 26, 1947

We come tonight to bless your daughter. She is a wonderful channel for good. Tell her to meditate on this great gift she has and thank God that she can radiate the great Light,

Love, and Happiness to others. She is doing a great work. We are glad to help her; any time she calls, we will come. She will know we are present by the glad feeling she has when she solves any problem.

I know you are very proud of this great gift—a dear daughter—just a natural radiation of God-Love. David is another radiation of this God-Power and must be protected. Your son is also a great Soul, but as yet he does not realize all the good he can accomplish by knowing his God-Self.

You may not seem to have time for your meditations; but any time you turn to this God-Self within, you have accomplished much. Just recognizing this God-Power within means much. You will be surprised one of these days; you will know you have always had this God-Power to help you in all things. Keep up your meditations and practice; soon this God-Presence will seem very near to you. You will be very happy in this new experience. When you recognize this Presence in every one you meet, persons will not seem strange to you. You will only recognize this God-Presence and never criticize or consider forms as beautiful or ugly; you will just see this God-Power in action.

You are right—the picture is not a correct one of the homes of the Lamas. I am grateful that you receive the impressions correctly. Always recognize this Power of God as ever present directing you. It may be through your intuition, or your real self, or through Spirit guidance. Try to recognize this when some strong impression comes to you; and say, Thank you, Divine Presence. No matter how it comes, it is the same Power operating.

May 31, 1947

We come at your call. Your lessons mean so much to you. By reading over your lessons, you find many points to be studied, do you not? Well, dear, we want you to do just that. Soon you will be free and happy; things will not disturb you. When you once hear this voice, you will have the

Pearl of Great Price. It is something no one can take from you, something you can turn to and receive the answer you want. It is only the human element; it will all be adjusted. So do not worry—you will find your place, and it will be different from any you could ever imagine. Just expect happiness and good health at all times. Keep still and know God is All. Your problems will be answered. Practice according to your instructions; it will not be much longer. You are doing splendidly. Last night was very good. We wish you could see the Light.

Dr. Wallace Reed is very proud of your work. He comes to see how you progress. Call on him any time; he will hear you. Just know you have the Presence to turn to within at all times. If you cannot yet be sure, just call on any one of us. We will help you. You are hearing better all the time. We are so glad for you. Soon you will hear without an effort.

Now, dear, rest assured that everything will be taken care of. Just be happy; do not let little things disturb you. This I AM Presence is capable of dispelling all discordant thoughts. Remember that.

Dr. Russell wishes to say a few words: "Dear child, I wish you could see the work we do on your Light vibration. Just be happy, knowing you are helping. Now do that to please me, dear. Listen for me to speak; you can hear me just as you hear others who come. You are always right in knowing who is present; if you are not sure, you do not say. I have noticed that. I said before, you need some change. You can be of help, knowing the God-Presence is operating through each one in the class."

June 8, 1947

We come for a special chat just for you. You know you need some help on the subject that has bothered you—just why thoughts come and annoy you. We are glad to tell you we will help you to see the nothingness of such thoughts. Do not give them any Power; they are no part of your world.

The only way to dispel them is to declare the Truth about yourself and others; then the other thoughts disappear. No matter how they come, never let anything disturb you. Just know they have no Power to distract; know only good. It is nothing you want to wish for; just leave it in unseen hands. Be your happy self and let nothing disturb.

You are right in thinking there are easier ways to teach, for you know the long way you have come. You can do much to help by knowing the Truth in a quiet way.

You will do much good in the class. Just simple words of truth help a great deal. You will be able to interpret different things that come to others. Just turn within or listen for your Spirit Friends to speak; someone will answer your every question. As yet you are not used to turning within for the answer; soon you will be. As I said before, I want you to be happy, knowing you have all good at your command.

Now, dear, do as I say; you are free now, and we wish for you to accept that freedom. David is a wonderful child. He must be guided in spiritual Truth. We will help Thomas. Just apply the Truths given. Ask and ye shall receive.

June 9, 1947

Our lesson tonight will be on the action of this great Presence. You now realize this Presence as your real self and need more instructions in how to prove to yourself that you do know.

When something disturbs you, and you turn to the Presence within to ask for guidance, knowing your request will be answered, then you will know you have proved to yourself that your real self knows all and will answer all your questions. Another way is to listen for this voice within; thereby you can hear your prayers answered. You may think it is someone talking; but it will be your real self that knows all. This is the Pearl of Great Price.

When you know this for yourself, you can know it for others. It may seem at first not to work, but do not let



that stop you from practicing the Presence within. This Presence is your very Life, your Light, your Power. The Light that keeps your heart beating. You know it is there; just call on it any time. It is your Health, your Strength, your Joy. It is wonderful when you stop to think that you have the means within yourself to take care of any situation. We are so used to relying on others to help us, though we have the Power we need within ourselves. Just make the channel wider to accept more good. Meditate on these Truths often; soon they will become certain to you. You will have more time to study, and I know you will accomplish much. Remember your spoken word has Power; your thoughts have Power too, but not as much as the spoken word.

Watch your words; you can do a great work. Your words reach many you cannot see. Keep up your meditations; you accomplish much at every sitting. If everyone would watch his words and thoughts, using only constructive words and thoughts, what a great help to the world at large! Just remember to practice.

June 16, 1947

We come to give you the good news. You *did* hear the voice within, both times. We do not want you to be fooled. We want you to realize this voice is from your real self. You are blessed to be able to make the demonstration. We are very happy for you. You will not lose it now, though you may not hear it at first every time. But once you have heard the voice, you will recognize it.

We know you are grateful and will work harder to be a help in many ways. Just listen, without an effort, and it will come so natural to you. Yes, you are hearing much better. No, you are not fooling yourself. Your mother talked with you yesterday. Soon we will have new lessons. I wish you to practice this Presence, just as you have been doing, until you realize more clearly this voice.

Now, dear, follow the outlines you were making, and

you will know how to turn within to listen for instructions. Do not attach yourself to anyone; just be grateful for the help received, and do all you can to help others. I will help you. You will be impressed of what to give out, just what is needed at the moment. All you dear friends rejoice with you and will keep your secret for a while. God bless you, dear; you have recognized your real self, your real God-Self. Thank God for this gift, this priceless gift, the knowing of this Presence within. It is like going to school and passing an examination. Now take the post-graduate course that will establish your work without a doubt.

We have other subjects to talk on later. We are all here and rejoice with you.

June 16, 1947

Dr. Russell wishes to say a few words: "Dear child, you are a very special pupil, and I am proud of your work. You do hear me; the vibration seems to change, but that will all be overcome with time and practice. We are grateful that you hear. Many things are in store for you. Do not forget Daisy Bell is here to congratulate you. We are all very happy over the demonstration. It is a pleasure to work with you."

June 18, 1947

We wish to talk with you on the subject of seeing others as this Presence of God. We wish to say, do not let these thoughts disturb you. You have made a wise decision and can work and help in peace. If someone disturbs you, and you do not feel at ease in their presence, just keep away until you can overcome the feeling. Never go where you feel disturbed. First, work it out by realizing God is ever present; and when you feel quiet within, you will know everything has been met. Now all you have to do is know the Truth.

Pa says to tell you he is studying and will do all he can to help. You are always protected; just be careful.

I will write a note for Mrs.—. She is sincere in wanting to know the Truth. Just be yourself and always send out loving thoughts. We are always glad to come to help.

We will impress Thomas with thoughts that will help him at work and at home. He is a wonderful Soul. We are grateful for this Light, this Power, that others may see the great work.

Now, dear one, keep up your practice, and soon we will be doing greater work. We are always glad to help anyone who is anxious to be helped.

June 18, 1947

Mrs.—:

Dear, you have a good, kind heart and are earnest in wanting to know the Truth. I will give you some points to follow that will not seem hard for you.

First, you are a child of God. Declare this every day. You are never separated from God. This is the real you we are talking about. Your physical body is the house you occupy to make contact with this plane of existence. The real you is spiritual.

Now think on this for a while; I will give you another lesson. When you know yourself—who and what you are—then you are ready for greater things. God bless you, dear.

June 23, 1947

Tonight you are grateful for blessings received. We can tell if one is really sincere by the Light. We are grateful to see your earnest gratitude. We wish all could feel the blessings at hand for them to accept. It just takes acceptance and knowing their good is present.

You can overcome any discordant condition at once by knowing—not just thinking—but knowing the God-Power is ever present for you to accept. You learn this without a doubt when you make one demonstration. You have made **many**.

Turn within, knowing this Power of Health is ever present to help. Just know it is there; then give thanks.

Would you like for us to do the healing, to let you feel this Presence? (I would be very grateful.) Well, be still for a few minutes, your thought on the forehead, relax. Now, dear, that is a treatment. (I sat still and could see the Light and feel the Presence as a thrill.) You will feel the Presence of this Power of Life and Love. Remember, you are reviewing your lessons, so please practice.

Just say over and over that God is all Power, all Health, all Strength, and is ever present. You may tell Mrs.— to say that. She is doing her part. She is willing to try, and does as she is told. That is the only way to accomplish anything.

You show your gratitude by your faithful work. So just keep up your studies; soon we will take up different subjects.

June 28, 1947

You have advanced one more step, and we can see how happy you are. It will come again; but do not try to remember too hard. The perception was correct—you *are* spiritual. Just know that, and all other seemingly discordant conditions will disappear.

We will bless your friend, and she will take the radiation to the others. We will help Mrs.— to rest tonight.

The class is progressing. Some faster than others. If they only found time to study more, they would see a great improvement. What a help Mrs.— has found in her lessons! You see, the simple, plain Truth helps much.

June 30, 1947

You are advancing so rapidly we think you can take the new lessons. First, realize this Presence is never absent. No matter what you think, the Light of God is ever present, and we study from that point.

Now listen closely. You are a special channel for this

Power and Light to operate through, and you will be given the opportunity to help many. First, never doubt your ability to realize the Truth for others. Just speak your words, knowing they are from the Divine Source and will accomplish what good you wish.

Now sit still. Declare God-Presence is ever present. Say it over many times. Then speak words of Health, Love, Strength, knowing they are ever present and operating. You may do that in your sittings; it will help much.

Now we will take up the use of this Power you have been reading about. The I AM are two words that have much Power when spoken by one knowing he is using this God-Power. So when you say, I Am Presence, know the Power *is* present and will act according to your direction.

Well, dear, that is one point to practice. We will have many more. God bless you, dear, in your new work.

July 7, 1947

When you speak of this God-Power as ever present, you know the very life of you *is* this God-Presence, also of everyone you meet.

You have some idea of how the Light enters the head. We will explain it later; it is enough to know now that it does enter and is present.

Now take the Light in your thought and send it from the top of your head to the tip of your toes. Do this every morning, and you will realize the strength it will give you. Soon you will know this Light for others, and your thought will do much to help them. It is in using this Power that you progress. Use it in your work every day. Just know this God-Self knows all and can do all the work without an effort. Now the same applies to your spiritual work and your sittings.

You see what a help this would be in your everyday work. Do not worry about not having the opportunity this past

week to sit; every time you send out a good thought, it helps. Yes, dear, you are hearing remarkably at present, as you did Sunday. Now try to listen for your real self to speak. You will hear marvelous teachings. Just have more confidence in your spoken word. You know the Power is present, but you hesitate a little and wonder if you are speaking the right words. Never fear—you will be guided.

Now I think we have another little surprise. Listen, dear.

"This is your Persian Guide; my name is Pitakita Shawapitska. I am a Guide to help you in confusion. Do not let things that *seem* real confuse you. All you have to do is to look to your real Source for help. If at any time in doubt, call on me; I will be present to help. Just see God in the place, not people or places, just this glorious Light ever present. Now, dear, I will come again. Good night."

Now, dear, practice the Presence within. We are ever ready to help you. We will help in the class; you will see great improvement. You all will be happy.

July 17, 1947

Tonight we will speak on the great Love we have for this God-Presence and how we use it to bless others.

Your real God-Self is brought forth by the Love of God. The Love—God-Love—is one of kindness to all people, not as the world recognizes "love." So to use God-Love you must be kind and loving towards all people. Keep an even mind at all times. Be ready to help with a kind word or thought. Now practice that for a day; you will be surprised how good you will feel.

Another point is to see God-Love flowing from all you meet. If words are negative, just put a good word in their place. Know that we have Love to help others.

Now we will speak on another subject, your use of this I AM Presence. When you speak the words, you have set the Power in motion; then you must give it something to work

on. Always follow with a request. Every word you speak about Truth is taken by the Presence and will accomplish your wish when you know you are using a Power that will obey every word. So be grateful and use the Power for good only.

Mrs.— is practicing the Presence. Just as you said, it will help much more than reading. Reading improves the mind; but to gain real understanding you must practice the Presence within.

Now, dear, I think that is a good lesson—with work to do every day.

July 16, 1947

We wish to give you a message from your brother, who has obtained great heights in the Spirit World. He had to do much study in order to accomplish the work he is now able to do.

He wishes to say you are doing nicely with your studies. You do not need to read so much; just put into practice your lessons. You will find that practice will open many doors for you. You may not have to work long. You like the work, but at times it upsets you. You must try not to do that. Just as you said, offer a prayer as you start work, knowing God-Presence will take care of anything that comes up. Take a few minutes to declare the Truth when something comes up to disturb you. Now I know you can do that and will be happy in trying.

Now Juana is speaking: "We knew you would be happy to receive the message. Tomorrow night you will be impressed of what to say. Just listen as you do now and speak out about what you hear and see. Just trust in us to help; do not be nervous; know you can depend on our help. You hear now, it just takes more practice. We will not let you make a mistake. The Light shines better through the hands; so in raising the hands, the Light is seen more.

"The Power cannot act as you wish unless you direct it. So ask and you shall receive; knock and it will be opened unto you. You know all these things but have not learned to put them into practice. Now that is what we are teaching you. Just read over your lessons, and do as they say. You will find everything coming very easy for you.

"Long Trail says hello. He is a wonderful Soul, faithful. We all are grateful to him for this protection and care he gives you. We like these friendly chats; we seem closer to each other. There is so much good in store for you. You will be able to help many.

"Yes, it is your two grandmothers, wonderful grandmothers, who love you very much and think the writing wonderful. God bless them both. Some day Pa will give you a surprise by his letter. Practice every day all you can. We have much more to give you."

July 21, 1947

Tonight we wish to talk on the great gift of God—your real self. You are a part of the whole, never separated, but a separate one. You are this real self in manifestation. This light that is ever present is coming through from this one Source every minute of your existence; and as you make an open channel, more good can flow.

So every time you speak the Truth, you are making the channel. Do not miss any opportunity to declare this Light, this Power, as ever present, just as you did tonight. We see you are not as timid about declaring the Truth as you once were. We are glad that the lessons have helped you in that respect. They have made things easier for you.

Now listen to what I am going to say. Your son is the Son of God, and you must always think of him as that. He is whole, complete, not dependent on anything; all his good comes from the one Source, God. Just try to think of him that way. We want you to be at ease at all times. Your friends



will think on the statements and try to use them. Let the Light shine within as without. Just practice this Light-Presence for a few more lessons.

When one is upset, it takes a little while to get readjusted again, or, as we say, "calm the mind." So try not to let things disturb you. We will take care of all things that come up. Your progress means so much to you.

July 28, 1947

We come any time at your call, so please do not worry about time. Just now we all have to adjust ourselves to circumstances. Tonight we welcome your guests and will bless them, so do not worry. Everything will be taken care of.

We will talk of more pleasant things. Just relax, please. Now this I AM Presence is, as you know, the real you, your real self. Realize, as I have said before, that this Presence is with you at all times and you are learning how to use it. We will give you correct instructions how to make your requests to your higher self. Just know this is the real you, and listen for your real self to speak. Soon you will know without a doubt just what to say. Do not separate yourself into two; just try to become acquainted with your real self—the one you should know, not the one you think you are. Now do that, dear, for a while. Soon it will be easy. You see what I mean? Now rejoice that you know you have this God-Presence to turn to. It is your Source of supply. Rejoice and be glad. Love is with you.

July 31, 1947

We wish to tell you we will do all we can to adjust things so that you will not feel disturbed. Tonight we called you to let you know we hear your every call and are here to help you. We want as many to know the Truth as possible. It may take longer for some to attain the points you have, but all must come to the Truth. Yes, we see you are understanding

the self better every day. Soon you will depend on the unseen voice for guidance and help. We are at your call to help. Your statements today were very good. We see you are gaining more confidence in your words and thoughts. Just keep up the good work. You are a great help. Wish you could see the work we do on this great Light.

August 4, 1947

Our lesson tonight will be on the Light and how it penetrates our very being. You know there is a point of contact where the Soul operates in the physical body. Now the Soul is the real you, this Light of God and the Presence of God in your world. You are never separated from this Presence. Now you must know all this before you can really use the Light. You have a good knowledge of all this and are beginning to use that knowledge not blindly; but when you speak your words, know they come from the one Source.

When you know your real self and turn to that point, knowing there is only this God-Presence, you can ask and receive. Sometimes an instant healing takes place when you know without a doubt you are one with God, All Good.

The Light is always there. Just imagine yourself as going to your Father and asking for more Light, knowing it is there for you to accept. As you say, "Come forth" means you have opened your channel for more good to flow. Just turn to the one place, knowing all God has is waiting for you to accept. Just as you open a faucet and expect water to flow, you open your channel and let the good flow. You do that by speaking your words of Love and Kindness and asking good for everyone.

He would say it just this way, "Thou Mighty Presence, ever present to pour out all good, we accept this good and are grateful." No matter what you want, you can put the word in place of all good.

Now that is quite a lesson. Some others wish to speak. Dr. Russell wishes to say you are doing wonderful work; wish

you could see. Do not worry about your sittings; you send out many good thoughts which help. Just know I am always present.

August 10, 1947

First, let us give a message to Mrs.—. She wants to know why more discord seems to come when she studies hard. Now you answered her correctly, but here is another answer. I noticed your son asked the same question. So we will give you an answer that will help others.

When one starts to study Truth, one never realizes all the negative thoughts that have been accepted through the years, and these must be brought to the surface and replaced by good thoughts. At times, it seems, all things go wrong, but it is only the storm before calm. In other words, the negative thoughts must be destroyed and good thoughts put in their place. That takes constant watching by some, but it can be done. People are very happy to find they are free from fear and discord.

Now, in regard to the new voice mediumship, yes, dear, you will be able to give out the Truth and help. We will be able to use your voice without you going to sleep. There is nothing for you to do just now. Just practice your lessons. That means so much to you.

Now Anna Bowman will give you a message. "Yes, dear, I wanted to talk with you, but the opportunity did not appear. As Juana said, we wish to develop your voice mediumship so that we can speak through your voice. It takes a little time; just keep your studies up as usual, and we will let you know when we wish to speak. Thank you for wishing to know. It shows you are interested. Everything will be adjusted, so all will be harmonious. Thank you, dear."

The more you develop, the more ways you will have to use this great Power. Tomorrow night we have a wonderful lesson for you.

August 11, 1947

Our lesson tonight will gladden the hearts of many. Our oneness with God is so important. You cannot ever study and meditate on the subject enough. When once you have it established in your consciousness, you will have a foundation to work from, no matter what subject you take up. So please say over and over: God is my light; God is my strength and is ever present; there is no separation. This good flows into our being every minute of our existence. Try to know this, accept this, and be grateful.

Now just turn to us and do not let things cloud your vision. Just cling to the Presence within at all times. This great Power that is used for good only comes at your call whenever you feel you are calling in the right way or, as we say, "have confidence in your call." Know it will be answered.

August 18, 1947

We are glad to give you a message from your Persian Guide. He is away at present, which is why we wish to deliver the message. He says that you are improving and are not letting things confuse you so much. Keep up the good work. He will be back soon.

Tonight our lesson will be on the subject of the Soul, how it operates in our physical body. First, know the Soul is the real you at all times. The Presence of God as *you*. Just know this real you, or Soul, is all there is of you. You operate on this plane of existence according to the way you learn to accept your real self, or your real being. When you think or speak God is my Life, you have recognized this real you. You must turn to your real self and know yourself as this Soul operating in a physical body. Just know that at all times. Then you will begin to operate as you really are and can speak your words as one knowing whereof you speak. You have all Power at your command, but you must recognize that you have this Power; then all your prayers will be an-

swered. You ask, knowing the answer is there for you.

Know that this real you knows all. You just have to listen, and you will receive your answer. It takes meditating on these lines every day. I know you will do all you can to make this real to yourself.

Now, as to the trip to Salt Lake City, we think it will do you good. While in the Temple, just realize the perfection of the Presence within, and Thomas will receive much help. You will be protected, so go free from any worries.

Now this is a splendid lesson, one from which you will receive much good.

August 22, 1947

We are here to tell you we will protect you on your trip. You can do so much while on the plane by knowing this God-Power and presence of Light for everyone. The pilots and helpers will feel the Presence. We know you are anxious to help all people, and you do more than you can realize.

Today your being quiet and thinking over the statements of Truth send out a Light which helps many. That is why you are grateful for a quiet day. It gives you time to meditate, which means so much. Every time you think about Truth, you are gaining. You liked the lesson on the Soul; it is one you have wished for, for a long time.

You now know you are not separated from your Source of all good, but you open the channel so that it can flow in and out in your world and to others. There is no material you; it is just you thinking in a material way. So when people fully realize they are spiritual, the material does not bother them. You just go ahead and do your work here, knowing you have the Power to accomplish it.

Thomas is a great Son, so loving and kind. He radiates a Light which attracts friends to him. Tell him to accept all experiences he has passed through merely as experiences. He has met them all wonderfully, and that is what counts.

Our life here is one of experiences and how we meet them. It gives us a chance to prove this God-Power and Light. It is all wonderful when you learn to apply the Truth. David will make a wonderful student.

Now Dr. Russell wishes to say a few words: "Dear child, you are doing a wonderful work. Your prayers every morning send out a Light which helps much. You are doing nicely about hearing and seeing. You were correct in your statements last night. We will not let you make a mistake or say too much. We understand everything. Remember, I am always with you. It will not be long before your voice will be operating to help. I will be with you on your trip."

August 26, 1947

We are here to bless you and to help you always. You had a wonderful trip, and much was accomplished. You must remember that when people are studying the Truth, they radiate a Light no matter where they are. you are so good to do as you are told; that helps so much. Thomas will be much better for the trip; it will do him a world of good. The days of quiet helped us do a work. Just keep knowing he is God's Son.

We will tell you what to do about the class. Read your books, and that is all you need at present. Just thank the Lady for the book and her good thoughts. Call up the other Lady and see if you can go to the meeting. You could do much good. I will help you. Just study your lessons as they come to you. That is what you need for the present. Read over your lessons; you will find many points to study.

September 1, 1947

Tonight we are here to tell you you are right in knowing you have at your command all you need for the moment. You are grateful for your lessons; and I see you would not want to give them up for other teachings. We are grateful to you.

The other matter seems to take a little more time. We will explain it all to you later. Just know we will take care of it. Say God is present, Life is present, Love is present.

You must not become attached to any one; just love all, knowing it is God in action, the Love of God flowing into and through all. You do much when you realize the Presence of God.

The main point is to know your real self. Just talk to your real self as you would to some person; soon you will be listening to the answers. At first it seems like two, but you are only getting to know your real self as a Son of God.

Now just a little meditation. Sit still, close the eyes, thought on the forehead, and repeat: "Thou Mighty Presence, ever present to give me the Power to know myself and to know I am the God-Light in action, I thank Thee."

Do this whenever you have the opportunity. You will soon feel this Presence. All discordant thoughts will leave.

Some day you will receive your instructions and will not have to take them down, only the lessons you have to study. Please read over the lessons and get all the important points. You remember some but not all. You are doing a work. Because you do not see the results, you may think you are not doing a work. Thousands come to see you write; then they learn how to help others. You also help Dr. Russell in his work.

September 3, 1947

When you are realizing the Truth, things or thoughts seem to come close, so just put a good thought in the place of others. The world is so filled with negative thoughts, one must stay on guard to keep them out. Just affirm the Truth at all times. Know the Power is present to take care of every situation. Just see God-Power as ever present. You can do much to help.

Dr. George C. is a wonderful Spirit and will help you

in many ways. Soon he will write you a note. He is watching how this is done. We will be with you in the class. Be as relaxed as possible and know the God-Power is ever present. We are working to help you in every way. In these trying times we must stand for the Truth at all times, even if it occupies much of the day. Just keep knowing God-Power is ever present to help and bless.

When you know you are innocent of any wrong, then you can be happy and dismiss discordant thoughts.

September 8, 1947

We are gathered here together tonight to give you a special treatment. Now please relax—do not write—just sit back and relax. The treatment is for your health and strength. Your voice treatment will come soon. When you work hard all day, you need some help, and the Light of God is your strength. You will realize that soon.

You are so good to trust us to help that we are eager to do all we can. You like meditations; so we will give you another one: "Thou Mighty Presence, ever present to give me health and strength and to know this is my real self acting as a channel for good to flow through, I am grateful and thank Thee."

When you wish to help someone, call the same to your Mighty Presence. Just affirm the good ever present. Practice these meditations for a while, and you will soon know this Power is ever present to help.

September 10, 1947

You are anxious to have a message. We are always near to hear your call. Tonight we wish to give you a special message in regard to the voice. You must try to relax and be still; just think of this God-Power and know it operates in different ways. We will do the rest.



We may not try tomorrow night. We will see if the opportunity presents itself. We work silently; be ready when the opportunity arrives. There is more Power when many are together.

You are doing nicely with your affirmations. Realize they are the Truth when you speak the words. Things are taking better shape; they do not worry you so much, for which we are grateful. Soon all will be cleared up. Just know it has no power to worry you. Just cling to your God-Presence at all times.

We will come any time you wish to write. If there are important things we wish to give, we will impress you to write. We will be at the class to help in every way we can. You help in your class and be happy. Much work you can do. No lesson tonight—this is just a chat. Just think of Love towards all.

September 15, 1947

Tonight we are here to let you know you are progressing rapidly. We may try your voice tonight after your writing. All you will have to do is relax and put your thought on this great Presence. This Presence knows all and can accomplish all things we ask for in the right way and for the good of humanity. We know we could do a wonderful work with the opportunity to use the spoken voice; and you are so good to help in any way you can.

Our lesson is on the gift to know that the Power is present. Now you believe; soon you will know without a doubt. You now recognize the Presence as this real self; and soon you will know you can turn to yourself and ask any question and receive the answer. You will have more confidence by trying these Truths and seeing them work, for they will work. You are using your meditations with great results. When you ask, you receive. It helps so much to read over your lessons and study the important points. Just keep up your good work, dear; we will accomplish much. Now rest,

and then sit for Dr. Russell. You are a great help to him, and he appreciates it.

Now just a little meditation! "Thou Mighty Presence, ever present to give me the Power to relax so that this voice may be used to help others, I thank Thee. Thou Mighty Presence, ever present to give me Strength and Love to do this work, I accept these great Teachers to help me, and I am grateful. I thank Thee."

September 22, 1947

First, we will have our voice lesson. So relax, please. We want you to know the voice is much better. It will not take many lessons before it will be easy for you to speak. We are grateful to you, for you are so willing to help.

Now, dear, about baptism. When people feel they should be baptized, the water is only a symbol of the washing away of all false beliefs and uniting oneself with the God-Self. You receive your baptism when you know without a doubt your real self. This God-Presence is all you need to turn to at all times. Few really know what the word "baptism" really means. Baptism does not save one, as so many think. They are already one with God, never separated from the Source of all good. It is only false thinking that has separated us from our real self, the Life of God. No one is ever lost; it may take time for one to learn his real self and to make his baptism, but it *will* be made. The Prodigal will return, no matter how many years it may take. All must know the real self and God. You are baptized with the Spirit when you know your real self and acknowledge the Presence. When you reach illumination, then you know and see this great Light, know this Presence is ever present, and soon you will have greater revelations. These teachings may be hard for some who have never really studied the deep things of Spirit. I say all will turn to God. All will know God. All will know this Presence is ever present and prove it.

Now, dear, a little meditation: "Thou Mighty Presence,

ever present to remove all discordant thoughts and give us only Love and Kindness, we are grateful. I thank Thee."

You may sit tomorrow night for a voice lesson.

Your father is here and wishes to say a few words: "Never fear about the voice; it is not injurious in any way. We are so proud of your work; it will mean so much. Just keep it to yourself for a while until you can operate with ease. Your mother sends her love, and so do all the family."

September 29, 1947

Tonight we will have a lesson on the voice. We wish to say you are correct in knowing who comes to talk.

Our lesson is on faith and understanding. You learn to have faith by the demonstrations; then you learn how the demonstrations are made. The more you turn to the Presence, the more the Presence turns to you. You find many demonstrations in your daily work on the Truth. As you say, it takes practice to accomplish the work. We are happy to come to teach you and the class. There are many others who come to the class to learn how to reach people in your world. Our work and the work of all is to show people how to find their Presence, which is God.

When you feel this Presence and turn within for all your answers, you have knowledge. I think you have a lesson on knowledge (October 5, 1946). You will be able to answer questions given you as one knowing whereof you speak.

Now we will have our voice lesson. You have been given the words so that they will not seem so strange; and it will make the speaking easier until you get more used to it. We are all grateful for the work and know every thing will be in order. I do not need to tell you to practice; you know now what it means to you. It takes practice to keep your thoughts still. You will soon learn that and also to keep out thoughts you do not want. When you recognize the Pres-

ence, you will find only good thoughts. Keep your mind fixed on God.

October 5, 1947

We have a surprise for you tonight—your father and mother are here! They wish to say you are doing wonderfully in your voice work and ask you not to have any worry about what others think. You have work to do, and we know you will do it well. We will help you to relax and not have “stage fright” as you call it. You are calm at home, and we want you to be the same in class. There is much work to be done in the class. Some are anxious to know the Truth, and others are just waiting. We will work for the good of all.

Now Jennie wishes to say a few words: “I am so grateful for the work you are doing. You have studied hard and have accomplished much. It is a pleasure to work with you. I will speak to the class sometime. We can do much good by the spoken word. Now just rest and be at ease.”

Now Juana speaks: “We will have a short lesson in voice. Now relax. Dear, you see it is no effort. We are grateful. Some day you will understand it all. Now I see you like the work. Other phases will develop. You will see and hear better. Tomorrow night is your lesson.”

October 6, 1947

Our lesson tonight will be on the Power of this great Presence. You know now that your very life is the Presence in action. The Power of this great Presence is what is used when you think, or speak, or perform activity of any kind. This Power is ever present to be called into action. So remember, when you make a call, the action will take place, for you have set the Power in motion by your call or thought. An earnest call is answered immediately. Our great problem is to make a call and wonder if it will take place. Then we

put an obstacle in the way, and that is why we must have faith. When we know how to make our calls, we do not doubt, for we know the Law is in action for us. Our call must be good. If we use destructive thoughts, they return to us in the way we send them out. So read over your meditations, knowing every statement is answered according to your belief and wish for all mankind.

Here is another meditation: "Thou Mighty Presence, ever present to give me understanding of this great Law, I am grateful. I thank Thee."

Yes, we make separate calls for each request. Now we will have the voice lesson. Yes, dear, that was marvelous. You are doing nicely. Just let the words flow; do not try to think what is to come next. We are so grateful each one can speak and that only one can use the voice. As I said, greater things are in store. So just be happy and free.

October 13, 1947

Tonight we will speak on the gift of God, our very Soul. You know this Soul is the real you and cannot be lost. You are from beginning to end. There is really no end; all is forever.

"The "sin" is the separation of ourselves from our Source of all good, our Soul ever and always. Then, in thought, we separate being, and that is why we must learn to unite ourselves with our Source of all good and not separate ourselves. We are channels for all good to flow through.

As I have said before, God needs us, and we need God. We could not exist without our connection with the Source of all good. When we can really know this, we will be free. Your Soul is the part of you that is a part of God. This is the real you in action, or God in action. Dwell on these points often, and everything will become clearer.

Now the voice lesson. Don't you think it much easier every time you practice? Some great Teachers were present tonight, and that means much to you, dear. You will go forward.

October 20, 1947

Tonight we will speak on the Spirit. That is why you were looking it up. Now we will try to make it plain.

The Soul is the real you, the part of you that is a part of God. The Mind is the Power you use when you think or speak. The Spirit is the Power you use to know how to think or speak; or, as one would say, the Power that does the things you ask it to do. When you ask or make a call, the Spirit is the Power that answers and does the work.

That is as simple as I can make it. I am sure you understand. Just know all is God in action, which makes it easier. And when you make your call, know there is a Power to carry it out. Never doubt—just know. Be sure to ask for good only, good for all. The Power is ever present to do your every wish. You must know that. It is just like your work at the store—you know that when you place the correct figures, your work will be correct. When you ask for good, you cannot help but receive the correct answer.

Now we will have our voice lesson. You see how easy it is for others to speak. It is really wonderful. Now study your lessons. I see you realize more and more your real self. The Presence of God in action is your real self. Just know that. Know it does act and is ever present.

October 27, 1947

Tonight we are happy to find you more cheerful. You have relaxed and can see things in a better way, knowing the God-Presence can eliminate all discord. So we are grateful for the point you have gained.

Our lesson tonight will be on this great Love we must learn to radiate. It really means a kindness and consideration for all people, to see the God-Presence no matter what the outside seems, and that is the way you must think of your Spirit Friends. They too are God in action. So much good can be accomplished by knowing how to use this Love of God, which is ever present to act at your call.

No matter what any one says or does, just look at the Life flowing and recognize only the Light. Let the other thoughts slip away; the good is all there is to see.

Now we will have our voice lesson. Now, dear, much good is being done by others seeing the demonstration. I know if you could see, you would rejoice with us.

November 3, 1947

Tonight I wish to speak on the Power of Love. We know Love is the greatest Power known. To reflect love you must feel it in your heart; and until you can, it does not do any good. Just to be kind and speak words of cheer, when in your heart you do not feel what you are saying, will not accomplish what you wish. So first practice the Presence of Love within. That means the Presence of God, which is all Love, all Kindness, to all. When you realize this Presence, you will know it by the glad feeling in your heart; and no one can take it away from you but yourself.

Everything depends on your thoughts and acts. When a negative thought comes, just think of the Presence of Love within, and soon you will be free of all negative thoughts. The world needs all the Love radiated that you can give. One may seem to do very little, but it counts more than you realize. Keep on your good work. Every good thought sent out in prayer helps so much when you realize it comes from the heart and you really wish to do good, not just to have good return to you but to have Love for everyone you meet. Feel a kindness to everyone. Soon your face will radiate this Love.

Now a few words about the Kingdom. You know the Kingdom of God is everywhere good is. You enter this Kingdom when you realize your real self and know how to turn to this one God-Presence for all your answers. Now as to time, everyone that enters it is on a different time. You see that? Some enter the Kingdom by the hard way, the way that is referred to as all kinds of disasters. Now I know you un-

derstand that. You know the Soul cannot be lost. At some time it must return to the real home. As I said before, it may take a long time for some, but they will return, even through trials and tribulations. When they return home, they find peace.

Now just a little practice of the voice. We had a real treat. The work is so smooth and without effort. Give every moment to your work, and study all you can.

November 10, 1947

You are so grateful for your lessons. Give them out wherever they will be understood and appreciated. You are happier when you are helping others.

Tonight we will speak on how the Light enters and penetrates the physical body. You have read of the point of contact; now always keep that in mind and think of a great Light flowing all the time. Do not color this Light with negative thoughts.

When you are happy and free, this Light flows freely, and much good is accomplished. Now you see the importance of keeping the channel open and clear to have good, clear thoughts. God gives us much good, often in symbols, but we can soon recognize the good.

Now, dear, We will have a voice lesson. You heard the different ones. How grateful they are to contact such radiant Light!

November 17, 1947

Tonight we will have a little talk on the great gifts that God has bestowed on man.

First, we learn to think, then to speak and to hear; then we separate ourselves from the one Source that has given us these powers; and now we have to return to the Source of all good.

It depends upon each one how long it takes to accomplish



this. When we begin to want and wish for something greater, then we see and wonder about ourselves; then we are led to places where we can find Truth. That is another gift of God. An earnest soul finds the way. The simple Truths that have been given, if followed will lead you to the right open door. It takes practice. No one can give it to you. They teach and point the way, but you must do the work.

Every day count the blessings God has bestowed upon you. There is life, light, sight, hearing, breathing, the power to think, to speak, to act.

Think on these every day; then realize you are a part of this great whole, not separated.

As it is near Thanksgiving, we wish to remind everyone of these great gifts to be grateful for. When you realize God has given you these great gifts and the power to use them, can you not see how wonderful this real you is, a child of God, one never separated?

The Soul of you, this real you, is the Pearl of Great Price—your wonderful gift from God. We need more people to realize this Truth. Many know but do not teach all the Truth.

It will not be long before the real Truth about the two seeming worlds will be known. So just be grateful every day for what you know of Truth.

There are many other gifts; just make a list and go over them. Your real self is perfect and has all the qualities. The thing to learn is how to express these wonderful gifts. No gift is of value to you unless you use it and enjoy having it.

You will be guided in your work. Give thanks for all your help and be grateful for the Friends. One must make an honest effort to attain results.

November 24, 1947

Tonight is one of blessed thoughts, thoughts of gratitude and blessings received. Your daughter is a wonderful and

understanding Soul. She knows that everyone has the right to think and study as they see best or as it is best for them at the time. You know everyone is on the path, but at different distances from their real good; and, as I said before, everyone has to work out his own way.

Tonight the Presence is very radiant, shows a rested condition and that much good can be accomplished. We are glad to hear you say you understand more now of the spiritual self and how the real self operates. Always keep that in mind when you are speaking the Truth to others. You will have many opportunities to give out this Truth. Study so that you will know when the opportunity arrives.

My blessings on your home and the people who will enter for Thanksgiving. They will all go home with a blessing; as you know, that will mean much to them.

We will take up the other subjects later. First, we want a more certain acknowledgment of this Presence within. As I said, use it in all your requests; just know how to call on your Presence at any time, knowing you will receive the answer.

December 1, 1947

Tonight we are going to give you some meditations to study. Now you recognize this Presence as ever present and need to put it into practice. All your meditations help so much. When you call on the great Presence, you have opened up a channel for all good to flow. Then the Law works out your problems.

Now the meditations:

"Thou Mighty Presence, ever present to give us the Power to receive more and more of this great Force, we are grateful for this opportunity and we thank Thee.

"Thou Mighty Presence, ever present to pour out all Love and Consideration for all our fellow men, we thank Thee.

"Thou Mighty Presence, ever present to pour out all

Love, and Kindness, and happiness to others, we are grateful and thank Thee.

"Thou Mighty Presence, ever present to supply all needs, we are grateful and thank Thee."

Learn these and say them over whenever you have a little time to spare. Now just a little voice lesson; then get your rest. We are so glad your voice is easy. You improve with every sitting.

December 8, 1947

Tonight is one for a special lesson on Light—the light you see flashing from your eyes. The Light you know is this Power of the real self, or God, and is present at all times; but it is not recognized until one studies and knows the Light is there.

Now this Light has Power and is radiated according to your acceptance of it and your thought. So send out more Light for the good of all. Sending out more Light is to know it is ever present; and as you accept that and meditate upon it, the Light goes forth as you direct it or as your Spirit Friends do so. Their thought can travel on the Light vibrations and do a great work. To do a work in the material world one has to use Light radiated in this way, in the Spirit world we also do great work, but by different means. We will explain it all to you in your lessons. I know you are interested in the Light and Power and how they are used.

You know that Power is used every minute of your existence. You have just taken it for granted. You see, you hear, you walk—all is Power in action. Just dwell on these when you have a few moments to spare. It will be a great help in your work.

Now we will have our voice lesson. It would not seem a finished lesson without the voice lesson, would it?

Now, dear, our sittings get more interesting every time. As you place your thought on this God-Presence, it radiates

a bright Light. I do wish you could see it; you would be so happy. But you do see some and feel the Power. So keep up your good work, and you will find much good opening up for you and your loved ones. Every negative thought can be turned away by repeating: "No, I have no time for you; the Divine Presence is all I have thought for." Your meditations have helped much. We will give you more later.

December 14, 1947

Tonight we will say we are glad that you wish to write, for we have a special message. First, your meditations have helped so much that we will have more tomorrow. When you speak the words, you know you are speaking the Truth and that your requests will be answered.

Now a little talk on yourself. You are gaining more happiness every day. See how one feels when one is free to do the things one wishes for those who will appreciate them, not as obligations. You cannot buy the Truth. Even if you do not charge, there is a sense of obligation that retards your growth. It is hard to explain, but when one receives lessons as you do, the only thing we ask is for you to do the best you can by studying and putting them to practice. That is what you have done, and many things have come to you that you never expected. We have many more surprises for you.

Now on the subject of healing faith. When one knows the Truth and how to operate this Power correctly—like the Woman in the *Masters of the East*—the healing is done whether they have faith and acceptance or not. But so few on earth have that understanding as yet. When they do, there will be less and less sickness. It is a goal to work towards.

The spoken word heals many, but to use the Power is wonderful. We will teach you the right use of this Power so that you may feel this Power going out to help many. Just study your lessons as given step by step, and wonderful things will unfold.

Now, dear, we will have our voice lesson which we enjoy so much. We are going to tell you that you have a new Guide who will help you to remove discordant thoughts. You will feel free and happy, radiating Love to all you meet. We will give you the name of the Guide later. We just wanted you to know that you had help, no matter what seems to bother you.

I know this meditation will help: "Thou Mighty Presence, ever present to enfold me in your Love and Kindness so that I may radiate this Love to my fellow men, I am grateful and thank thee."

You are thinking about the Swami, because of this Brother who wants to teach all of the Truth. The Swami, like many others, teaches the Truth; but he does not go far enough.

There will be a door open, and it may not be long. Just study your lessons. You will be able to help in many ways. You do a great work now, but you cannot see the results. It is natural to want to see if you are accomplishing good, so you will be given the opportunity.

Another Guide is joining your band. We all work together for the Love of all and to give out the Truth. My, we could talk and talk! Just one more thing—you will be surprised about this. Now, dear, your father wishes me to say you have many Guides, and not one has ever expressed a wish to leave. You have kept them wishing to study to help you. We know you will appreciate that message.

Never worry—you will see more and more. You have never really concentrated on seeing, just wished you could. The study of the use of this Power will unfold many things. You will be surprised at the progress. We will have a lesson tomorrow night.

December 15, 1947

Our lesson tonight will be a continuation on the Power of Light. This great Power radiates every time a good word

is spoken; and when words are given out with a direction to accomplish, it will work. Just send out these meditations, or words, knowing they have Power and will do the work. You must recognize that the Power is ever present. It is there even if you are not thinking about it. Now we will give for example: You are using the Power every minute you breathe. you see, you hear, you are writing. Just take time to acknowledge this as often as you can.

As everyone is thinking about Christmas, some in a material way, and some in a spiritual way, we will write a few words on this Christ-Presence. The Christ-Presence is this great Presence as your very self. Each has the Christ-Presence within, your Sonship with the Father, or the great Presence.

As we recognize this Presence operating, we are uniting ourselves with this great Presence. Of course, we have never been separated—only in thought—from this Great Presence. When you recognize this Light, or Life, in your fellow man, you are greeting this Christ-Presence, or Christ Spirit. Just know you are one with all God is, a Christ Spirit or Son of God, never separated from your Source of all good.

At this time of the year many are happily thinking of this Christ, and most think of Jesus. Now Jesus was the one to demonstrate the Christ, and what He did we can do also. I have seen the many proofs of this in your world.

Jesus is doing everything to bring this Truth about the Christ to all humanity. We might use beautiful and flowery language, but the simple Truth in plain words may reach many.

Now we will have a few meditations:

“Mighty I AM Presence, ever present to give us this Christ Spirit that we may understand more and more of the working of this great Love to all, we are grateful and thank Thee.

“Thou Mighty I AM Presence, ever present to remove all discordant thoughts from our world and to give us Love and Health, we thank Thee.

“Thou Mighty Presence, ever present to give us the

Truth as taught by the great Teachers, help us to understand and know, without a doubt, we are channels for this great Light. We thank Thee.

"Thou Mighty Presence, ever present to watch over us and guide us into a greater understanding of this great Christ Spirit, we are grateful and thank Thee."

Now we will have our voice lesson. We are grateful for this expression of the Light of God, or God-Presence.

You are doing a great work. Rejoice and be glad.

December 22, 1947

Yes, the lessons are priceless, coming from the real Source of Light. There are many beautiful teachings that we will give you, but the plain foundation of work must be learned first.

Tonight our lesson will be on the Power of the real self. You know your real self is just above and projects the Light through the physical body. There is only this real self. Do not think of the material self, for there is only this real self. You seem material, but you know the material you is only the house the real you uses to contact this existence. The real you is perfect. We have strayed from this perfection, thinking we are material, so we must think in the right way. We are spiritual. Now the real you has access to all the Power and can be used for the good of all.

First, thinking you are not what you are prevents the channel from operating as it should. Now if you can realize you are this One, this real you, letting no thought make you think otherwise, you can use this Power in so many ways to work out all your problems and to help others. We have so long thought of ourselves as two that it is hard to know the real you and how you operate. Just say over and over: I know this real me, I know this real me that is from everlasting to everlasting.

Your real self calls to the Divine Source of all good and knows the call will be answered. So do you not see it is not this little you that makes the call? It is the real you

all the time. Just have confidence in your real self; know who and what you are—a child of God, never separated. You realize now where your Life comes from and know it is continuous. Now get a clear picture of this real you operating at all times at your requests. Be sure they are for good only.

We may seem to repeat, but it is to impress the truth upon your mind so that you will soon accept your real self and its operations. This Power may seem small at first, but as you begin to recognize how the Power comes to you, and to know how to make your requests, there is nothing you may ask that will not be answered.

You are in an auto, but you are *not* the auto. You are in your home, but you are *not* the home. You operate through a physical being, but you are *not* the body. You are Life, Light, Power, having your own individuality, or Christ-Self, Soul, or Pearl of Great Price. I see you understand what I am explaining.

Now just hold on to this and go over and over it until it is so impressed upon your thought that you will know without a doubt.

Now we will have our voice lesson.

Meditations:

"Thou Mighty Presence of all Light and Love, we give thanks for this great gift of Thy Love.

"Thou Mighty Presence, ever present to give this Power to this dear one who is earnestly seeking the Truth, we are grateful and thank Thee.

"Thou Mighty Presence, ever present to give more understanding of this great Light and Power, we thank Thee.

"Thou Mighty Presence, ever present to pour out all Love and Health and Kindness to all whom we speak to, we are grateful and thank Thee."

December 29, 1947

Tonight we will have a little talk first, as you did not have a talk last night. We wanted you to see which you



wanted most. Now you know your lessons mean more to you than the seances, and the teachings are not what you want. So from now on, your Sunday evenings will be free for you to write, if you wish, or to study until you do find the place where the Truth is taught.

Now more pleasant thoughts. Yes, you have a better understanding of your real self; and when you make your calls, you know why they will be answered.

To know yourself is the most important lesson. Rejoice and be glad that your calls are answered, and know the Power is present to help fulfill your requests.

Now we will have our lesson. The same Power and requests can be used to see more, so make your requests for whatever good you wish, the good of humanity. You hear and see too, but not as clearly as you wish; so just ask for these gifts so that you may give out this good to others, not to tell fortunes but to teach others about their real selves. Now you know the Power is present; and as you believe more and more in this great Power, it pours forth to bless and help in your sittings. You are doing a wonderful work with Dr. Russell, and soon it will be greater.

Now other meditations:

"Thou Mighty Presence, ever present to give me the Power to see and feel this Light, I am grateful and thank Thee.

"Thou Mighty Presence, ever present to give happiness and remove all discordant thoughts, I am grateful. I thank Thee."

You have helped many to see the Light and hear words that will be spoken through your voice. Remember, we are all spiritual. What blesses one, blesses all.

Now your voice lesson. We are happy to know you like the voice lessons.

We may seem to be a small band, but I may say hundreds come to watch and help. Many are healed, and many see the Light and are helped on.

This is our class on this side, and We will have a class where you are. You will rejoice and be glad. Now you know how to study and use the Power, so keep up the good work.

We would love to write on New Year's Eve. It will mean much to you.

December 31, 1947

As the year of 1947 closes, we find you have gained much good from your lessons and are grateful. Also, the ones you have given them to have received much good. The New Year will bring you many blessings. So as you think, just keep still and see the reward of faithful study. You will be surprised as well as others. Rejoice and be glad you are free.

Tonight we bless thee and will give you a message you will be glad to receive. Now this Power you use is being used correctly. Your call to the lady today will make her think. You will send her some book; you will be impressed as to what to send.

Now the lesson.

This great Gift of God, the knowing of your real self, is more clear. The great gift to see and hear is wonderful. The gift to the voice to help others is also something for which to be grateful. Now one more gift you will recognize, the gift to help others. Do not worry about the opportunities—they will open up; just have confidence in the words you speak. When in doubt, listen; we will be close to help you. Your every meditation is answered, and you will see the answers. We are just telling you things that come into our thought. One thing to practice is to be able to put out all noises and harmful thoughts. It takes a little practice; just turn within.

Now here is the real surprise for you. Listen closely.

Your brother is a Master Teacher; he will help you whenever you call on him. We knew you would be glad to hear this. Your mother is so proud of him. He may speak

to you at the seance. Everyone will love and respect you. We all want Love, and we must give Love. You will feel Love if you think of every person as this God-Presence.

Now we will have a voice lesson to give others a chance to say a few words.

Now two meditations:

"Thou Mighty Presence, ever present to give me Health of mind and body, I am grateful and thank Thee.

"Thou Mighty Presence, ever present to give me more understanding of these great Laws and Actions, I thank Thee."

Now, dear, we will start a New Year with much Happiness and Love for a greater work.

January 5, 1948

Our lesson tonight will be on the gratitude we show towards our real self. We recognize the real self when we are grateful for all good received. Then we show gratitude when we help others, sending out our calls to the Mighty Presence for ones we want to help.

Yes, make your calls regularly; that lets the Power come in; or, as we say, releases the Power to do a work. You see, your mind is not on your requests all the time, so that means they have to be made often. Just know you cannot return to the Presence unless it turns to you; it cannot refuse. Give thanks as often as possible for all good, knowing where it comes from.

Now we will have a voice lesson. It always makes you smile, for you feel you can help. Now, dear, see that we can have different work, not the same kind all the time. Just turn within and practice, shutting out all outside noises and thoughts. You will hear and see many beautiful things.

January 11, 1948

Now, dear, our message is to tell you that you have made

many "points," as one would say, today. When you are quiet, you have time to think. You come to the conclusion on many points which help you so much. Your reading the little book and knowing what was being taught showed that you do know this Truth. (A book by Lillian De Waters.)

Your calls are important, so keep up your good work. No matter where you are, you can make your call silently or audibly. Of course, the spoken word has more Power. As you know how to make your call, there is no good you can ask for that will not be granted—perfect health, strength, love, friends, position, work made easier; and you can go with a light heart, knowing you are one with all good, or God.

Now we will have our voice lesson to help my class. Now, dear, we had a good demonstration. Just a little more practice on concentration will help keep your thoughts from wandering. One thing for which to be grateful—you can bring your thought back to the right point. We can see all that takes place. Some day you will have the same privilege. You see much now—some things you take as thought—but you are really seeing. You have been blessed in many ways. We know you are grateful. We hear your every call. We are one big family, and your call will always reach us.

We have had quite a chat. Tomorrow night, your lesson.

January 12, 1948

Tonight we come to give a wonderful lesson on Power and Light. Power, as you know, is the Presence of this Light and is used for good only. So, in making your calls, you are asking for good for all. This Power is the most wonderful thing you could possess, so pay strict attention to its use by your calls, and wishes, and feelings. This Light that shines is becoming brighter, so many can see it and are grateful. It helps many. You have at your command this Pearl of Great Price; use it and give thanks for this great gift. Now you have many gifts, but all start from the same source—God is All.

We were just watching the different vibrations, so we can

tell how different thoughts send out different Light.

Now we will have our voice lesson. Dear, just relax more, and we will see about trance work.

January 19, 1948

Our wish has been fulfilled. You realize your oneness with this great Light as your Life, and soon you will see how it operates. Now from this lesson on, your lessons will be on using this Light to help. I know you will follow instructions as they are given.

You know, without a doubt, the Light is present, but you are a little timid to use it. Your calls to the Presence open the door for the Light to flow; and knowing it is there to come into divisibility, you can see how it works. With your thought turned to the Light, and your call made, you can accomplish much. We will give you all instructions step by step, so there will be no doubt but what you will see results.

Now we will have our voice and trance lesson. As I said, we will soon see the Light in operation. We had a wonderful demonstration of the Light. So much good can be accomplished.

Now here is one point to remember: When you are quiet, you radiate this Light more than when you are upset. So please try to have your happy feeling as much as possible—yes, your glad feeling which makes you smile. Your calls to the Mighty Presence keep things in action. So keep up the good work.

A little meditation: "Thou Mighty Presence, ever present to give us this opportunity to help mankind that they may know the Truth, we are grateful and thank Thee."

January 25, 1948

Yes, we have much to talk about. The new lessons will mean all to you, and I know you are anxious to start. You

see and feel this Light, this Power; and when you have a grateful feeling, you may know this Power is working for you. As you think, persons should be given the simple Truth about themselves. We will do that in the class, and many will learn of their real selves and how to use the Power.

Now, dear, the name of the Guide who has been helping you on disturbing thoughts—this Dear One has done faithful work and wishes to be known by the name of Master Tranke Haushiski. He is a real Tibetan Teacher, and you are blessed to have Him on your band. You will be given the opportunity to help in many ways.

A little surprise—an old Friend of yours comes to be remembered to you, one you thought much of. Yes, you received the name correctly, Jennie Bell Holland. She says she knows what real Love means now. She is so glad she can contact you in this way and says her mother and brother are with her and give their Love. They see the work being done and think it marvelous how you receive messages. You see what Love can do when understood.

Now a little lesson on voice and trance. Never wonder if you can do a work. You see what is accomplished by your Light, so keep making your calls. You know each one sends out a Light which will help. We are grateful for all.

January 26, 1948

Our lesson tonight will be on this great Power, the gift from the Mighty Presence. Now listen closely. Your Power, as you know, is this Light you see and are learning how to use. Your affirmation will help so much. Now we will give you another way to put the Power into operation. When you are quiet, with your thought on your forehead, just realize the power is there to be released. Then, when you do make your affirmation, you know the Power is present to accomplish your call. You see that? You will know, without a doubt, that your call will be answered. Do not requalify the Power; just know it will accomplish your request,

for it is your real self making the request. Your real self knows all, sees all, hears all, and knows the Power is present to be used. So the little you that you think you are does nothing. Your real self—and there is no other—does all the work. You speak the words or open the gate so that the Power can come forth. Have a glad heart of anticipation when you speak your words, knowing they will accomplish what you wish, good for all concerned.

Now practice for this week, and see how much better you will feel. Now we will have our voice and trance lesson.

Tonight we had a splendid demonstration of trance. You just seemed to be far away, which was good. You can go places and see things and forget all about where you are. You will not lose the voice lesson, even if we do not practice every time. We will perfect the trance state next time. Now study your lesson and practice it as one of the important points.

February 2, 1948

Tonight we come to tell you that the Friend you felt near is your Tibetan Teacher, and he is helping you to remove all disturbing thoughts so that you will be a clear channel to receive your teachings and to give them out to others. We are grateful to Him. It is a great privilege to hear of a wonderful Teacher taking an interest in one. So, dear, you must be going to do a special work.

Now our lesson. Tonight we will speak on the Soul, how it enters the physical body and expresses this Power. You know your spiritual self, or Soul, is just above you and enters the body at this point. The forehead is one of the points the Power manifests itself through. What you feel at times is this Power coming forth, and it makes a great Light. So you see, when your thought is on this point, you are acknowledging that this Power is present. Then your affirmation brings it forth to do what is asked. Now, dear, that is the way it works. All you have to know is that the

You were correct—Dr. Wallace Reed was here. He watches to see if everything is in order and to give courage. We are just as grateful as you for some help and encouragement, knowing we are doing good work to help all mankind.

February 16, 1948

To ease your mind, the loud rap you hear is a Spirit Friend. You notice when you are realizing the Truth and are in earnest that you hear the loud knock. It is one of your higher Guides you do not know as yet, but soon you will.

Now our lesson. We wish to say we are so glad you realize more and more the importance of your calls. Silently or otherwise, they obtain results. Now we want to describe the operation of the Light.

You know when you make your call that the Light comes through your higher body and enters the physical to have contact with this experience. You felt the Power entering the body and going out; that is what you want to recognize at all times. Knowing the Power is ever present, the spoken word sends it on its way to accomplish the good. The more often you repeat your affirmations, the more good is released. You see that? So, at every opportunity you have, do this work.

Now we will have our trance lesson. We may have a complete trance. Now, dear, we had a complete trance; not long, but that will come with practice.

February 18, 1948

The Light is very bright tonight. You realize more of this Light as ever present and send it forth to bless. You will soon see the great good accomplished. We are grateful you want to hear from us often and are willing to help do your part.

That was a good thought given you just now by your



Tibetan Teacher: "Just make a call when any thought comes that you do not like; soon they will quit coming."

Your brother is here. He saw the Light, so he came to help and watch. While he is here, we will have our trance work. He will be a great help. Now, dear, we had a good trance work. I think you will go to sleep next time. As I said before, so much work remains to be done.

We are grateful for all.

February 22, 1948

We may have our trance lesson first; then we will talk about how we are doing. So please relax, knowing the Power is present to accomplish the good. We had a splendid demonstration. As I said before, when you are absent from the body, you are in a state of trance, and we can see the progress made. The voice is all right and can be used at any time. We want to perfect the trance, so we will be ready to teach. The world needs the teachings so much. I am glad you copied the lessons; they will do much good.

Your brother thanks you for remembering his birthday today. Yes, we remember our birthdays, but do not celebrate as you do. Most times we try to do a special work to help someone. That is what your brother is doing today. So we bless him and know our thoughts will help. Your mother remembered the day by being happy and grateful for a wonderful son. Your mother does a great work with the children. She will tell you all about it sometime.

You know we do not want to seem to brag about our work. We are grateful we have the work to do, and we do it to the best of our knowledge.

Now that is the way you feel. You are so grateful for the help given, you want to give it out, not as bragging, but to help.

The ancient teachings are what we are giving. I will see if there is a book that will help; and I will impress you where to go to find it.

Now, dear, we will have a little voice; someone wishes to

speak. Master Christensen spoke. We are grateful to him for his words of comfort and offer to help.

Now, dear, we have had quite a little visit and done much work. When the thoughts are off the physical, and the mind is free, the work is better.

February 23, 1948

Tonight we are gathered here to see the trance demonstration, and I know you will help all you can. Just leave it all to us. Recognize that the Power is present to help us accomplish the good.

So many have come, some from afar, to watch and learn how to teach others, just as we did with the voice. We are grateful to all who come, so we will do our part. Now relax please, thought on the forehead for a few minutes, then go away—you know what I mean. That was splendid; you go farther away than you realize. After a few more lessons you will not return so easily or wish to; you will be happy where you are. Then we can do a work.

Now some wish to hear the voice. There are many here; they marvel at the writing. Now the voice. Now, dear, we have accomplished much. Just keep up the realization of the Power present until you can know in an instant that the Light is there to accomplish your wish. The most important thing is to know the real self. The material self is a wonderful piece of machinery. When you know yourself, you know all without studying. Just recognize more and more your oneness with this Light you see and feel. Just know it is your real self, your real Light from God, and you will accomplish what you wish.

Now you have had two days away from work and have never really missed it, so that is the way you can get away from all material thoughts and see only God in action.

February 25, 1948

We have a message for your brother. He may not re-

ceive it as it is given, but it is the Truth. When one learns the self and listens for the voice within, one hears great teachings; and that is the only way he will hear the voice of the Lord, which will be the true voice. If He will take time to meditate on the real self, it will not be long before He will hear this voice. Now tell him this—he may receive it or not just now, but later he will. The lessons are appreciated by the ones to whom you have given them. That is another step towards giving out the Truth.

No, I can see no reason why the name of the Teacher should not be given with the lessons. You want people to know how the lessons are received, and they are lessons from the Divine Source. Every lesson read by someone helps much. Now, as you said, we should practice the trance lesson so that we can have it as perfect as the voice. We will put our attention on this Great Power to accomplish good.

Now, dear, a complete trance. The Light shines wonderfully, and you realize more and more that the Light is present.

February 29, 1948

You take so much joy in writing and reading over your lessons. We are glad we can give you your lessons and answer your problems. You are doing wonderfully with your seeming problems, saying just what you should and checking yourself just when you might say something you do not wish to say. So we are very grateful to see the progress and effort made to accomplish your teachings. Tonight we are glad to come to say a few words. As I said before, practice is what is needed most just now. Your calls and help in other ways mean so much.

We will have a trance lesson now. You will soon enjoy them as much as the voice lessons. Yes, dear, that was a splendid trance. You will be given the Power to help all you need. Now sit for Dr. Russell. We are doing much work.

March 1, 1948

Now we will think of the great Presence and the many blessings that have been given. Tonight our lesson will be on the trance. You see, when one goes into a trance, you are really just as if asleep, and your real self can go places just as in Soul-flight. Then we can speak through the vocal cords. It is a wonderful gift. You see the necessity of feeling free so that a good work can be accomplished. Know yourself as one with God, as I have said many times, never separated. Your good is ever present. Just keep in mind all the good qualities of God's ideas. When you have time to think, just think on these lines, and soon the other thoughts will not have room to come in. Your Guides never leave you.

Now, dear, we will have our trance lesson. Yes, dear, that was really good. We have not tried to speak yet, but we will soon. You may sit Wednesday night for trance. We know the voice is all right for speaking, so we should not have any difficulty in speaking in the trance state. Now, dear, just a little voice; someone wishes to say a few words. Brother spoke, other Teachers, Long Trail, and a colored lady who worked for us.

March 10, 1948

Yes, we are glad to come to help you realize your oneness with your real Source of all good. You have your foundation, all right; all you need is to go over the points and say them over and over until you know at once the real Power is present and can remove all discordant conditions and all false thinking. You are doing fine; just keep up the good work, and soon you will be surprised at the results. Things that seem impossible to you are just everyday things to us. Just do your everyday work. More practice makes perfect.

Tonight we have a little matter to clear up. First, dear, no one can come to write who is not on your band. The

only way you get clouded thoughts is by accepting thoughts that are in the vibration. When you hear one, just reject it and say, "Get out!" You have no place for disturbing thoughts. That should be easy, with a little practice.

Now we will have our trance lesson. Well, dear, we are getting better and better.

March 15, 1948

School starts at 8:30 sharp. Well, we like a little fun once in a while; no use being so sober, for the Truth is light and happy, giving you the joy of being one with this Great Source of all good.

Tonight we would love to talk on the disturbing thoughts that come to one and how they can be destroyed. When someone sends out a disturbing thought and directs it to a certain point, it goes to that place; and if received or accepted, it finds a home and a chance to operate. The one sending such thoughts will reap the consequences.

The thoughts cannot operate in one's world unless you accept them. So the first thing to do is to say, "Get out! I have no place for you." You may have to say it many times; but the oftener you say it, the sooner the thought will return to its sender and not worry you at all. Just know the Presence of good is there for you always. When you say, "Get out," your Divine Presence is ever present to accomplish this. Just expect the good to operate for you, no matter where you are; affirm the good in every place, every thought, every person you meet. It all takes practice. Be happy and have an expectant feeling of good. It does not have to be any special good—just that the Power of God is ever present.

Now we will have our trance lesson. That was a very good trance. We will have it perfect before long.

March 22, 1948

Tonight our lesson will be on our acceptance of this

Power and our good. When we know without a doubt that the Power is present, and accept our knowing as the Truth, then we are in a position to use the Power. You feel a thought or happy feeling; that means the Power is working for you as you request or that the good may come through a teacher or friend.

At present your good means more understanding of the Truth. We are grateful to have the opportunity to give out these words of Truth to one who is ready to accept them. You have been so good to try to do all that has been told; you will be rewarded by a special message from your Teacher, Dr. Wallace Reed. Listen carefully.

"My dear child, child of Light, I have watched your steady growth, and I am so proud of your accomplishments. So much is in store for you, and you will be given the strength and time to do your work. We will have many blessings to give out. Now, dear, I bless you, and I want you to know I am watching over you and helping these dear

Power is present and your request will be answered. Now it is answered in different ways. The great Presence has charge over His Angels, and work is given them to do. When you make a call, it registers as a Light, and someone knows how to answer. So just know your calls are answered. They know before you call and are ready to fill the order. Now that makes it all plain to you. You know, without a doubt, your calls are answered.

Now just keep up your practice; and soon, when anything comes to your notice, you will have the answer at once.

Now we will have our voice and trance lesson.

Now sit for Dr. Russell; much work is being done for your country.

February 4, 1948

We called you tonight to give you a message from your brother. He wishes to say you are correct in so many of your impressions and that you must pay strict attention to them, working from that angle, as one would say. Now you are doing splendidly in trying to block out these thoughts, and they will be removed, for you must be a clear channel for this Light to flow through to help. Just listen carefully to Juana's teachings and follow the instructions. As you say, you have much to be grateful for. Never think of others' work; only be glad they have the opportunity to help. The world needs so much help. So it is up to everyone who knows Truth to keep their minds on spiritual things so that the work can be accomplished.

Now, dear sister, call on me any time; I will be glad to help. You have a marvelous Teacher, so much to be grateful for. God bless you. I will come again.

Yes, dear, this is Juana speaking. You have a marvelous brother. He knows the Law, and how to use it, and will help. You will have the opportunity to see.

Now a voice and trance lesson. Practice every chance you have. It will not be long before we have it perfect.

Just rejoice that you can help and know the Power is present. Yes, you know that; now make use of it in many ways.

We will be with you on Good Friday. You are doing all right; no matter where you go, we can accomplish some good.

April 7, 1948

We are here to give you a lesson on kindness. You have shown much kindness in the past week, and we wish to tell you what it really means to you. When you use the Power to give out a few words of kindness, it means the Power is being used for good. You cannot give out good unless good returns to you. You noticed you did not give out with the thought in mind; you only had a thought to help, which was the right thought. Yes, it is something to be grateful for. So keep up the good work at every opportunity. The world needs so much help. Now that you know the Power is present and how to use it, you will be of much help.

Your brother is thinking much, but does not say. He will ask you to read something. Give him what you are impressed to give. The book you gave out today will help much. (*This Thing Called You*, by Dr. Holmes.)

Now we will have our trance. That was really a complete trance! We are taking it slowly so that it will be easier when the time comes to use the voice. We just need practice to make perfect.

April 11, 1948

We are glad you enjoyed your morning lecture.

Yes, there are many teaching the Truth, but not *all* of the Truth. It will be taught before long. Many are turning to the higher teachings, which could be given out just like the lesson this morning. We know that would be your wish, and we hope you may see the day when it will be accomplished. At present we have to work silently and do a work

mean all discord. Discord cannot exist in harmony, which is Heaven. One must know what God is before one can understand the Bible.

Read the ancient teachings and the interpretation of the words in the Bible. Read how the word "hell" was put into use. "Hell" was the name of the dumping ground; and when people did not do right, they were told they would go to "hell"—a word to put fear in their hearts.

Jesus never taught of hell; He only tried to turn people to God, to know their oneness with God. I know this will help. Just state the Truth, and say that is the way you know it to be.

Now, dear, we will have a voice lesson and trance work. We are doing so well, we cannot be thankful enough. Your willingness to help makes it so much easier. Now, as you say, sit for Dr. Russell.

when the opportunity arrives. We are very grateful for any opportunity to give out the Truth. What people need is to know how to use the Power. You are learning and are doing fine. So do not become discouraged; you will have the opportunity to help.

Now, dear, many are here to see the work being done. We will have our voice and trance work. You are grateful to help.

Now, dear, you heard what I said about trance. It will take practice to have a longer trance demonstration. Just as now we can talk with ease, so it will be with the trance. You will rest easier in trance, however. Now, dear, be your happy self. When you feel like going out, you know you can go wherever you hear the Truth spoken. What a difference it is from the other places! You will have the opportunity to be grateful for many things. Yes, give the little book to Mrs. —. She will read it, but she will not understand all. We will impress her to study it.

Now send your call for happiness and for the opportunity to give out the good.

April 12, 1948

Dear, you are so glad to work that we will give you a lesson on this gratitude. When one is in earnest and wants to help, the opportunity opens; and that is the way it should be.

When we are sending out thoughts to help others, the door must open. Then we feel this deep gratitude, which is from within your real self, knowing the Truth has been given an opportunity to be expressed. As I said before, it is best not to discuss your work with others too much. You see, it just upsets you a little. So wait until you do not care about what anyone says. You know the Truth and will speak it to ones who are ready to receive, not discuss. Each one is doing a work, but in a different way. As the Speaker said, all are trying to reach the same goal. So just turn within with



your thoughts, and you will find peace. You know now the voice is within, for you have heard it and know the Power is within to be used for good.

Now we will have our voice and trance.

April 14, 1948

Tonight We have a special gift for you. You are so willing to help, We think you should know the way is opening up beautifully. You will have the opportunity you wish for, the opportunity to be a channel for this good to operate through. You are to have instructions in healing work. So, dear, that was one of your wishes, and we try to help people fulfill their wishes. We will start the lessons soon. Now, little lady, keep this to yourself. I know it is great to have someone to talk things over with. Give out the lessons, and they will accept them, and by that you will be doing a work.

Mrs. — has many opportunities to give out the lessons, so what you give her will be a great help. Tell her that her affirmations are correct. Just have faith in the Power of God to accomplish what you ask. The good is ever present. We must learn to know that and accept it, and soon we can solve all problems. We are grateful that you are happy about the lessons. Yes, dear, I will give them to you.

Now our voice and trance lesson.

Now, dear, do your work on the other thoughts; we want you entirely free. The Indian Bright Star will help. He is a great Soul and has much Power. We are grateful to Long Trail for bringing him. Long Trail is so wonderful and always ready to help. He will have another "Feather," as they say, for this act of Love and Kindness.

April 18, 1948

Our little chat tonight will be on our classes and the good we accomplish. Now tonight is my class on this side. We have many here to watch and learn. They see the Light

and wonder how you ever managed to radiate such Power. We know it is by earnest study and a willingness to follow the teachings given out. We are grateful for the opportunity to show others how this is accomplished.

The class for you will take place on Monday and Wednesday. The class on Friday will be for all of us to have an opportunity to give out the Truth. We are glad Thomas is feeling better. Many have been helping Him. You are feeling better too, and the Light shows from a grateful heart.

Now we will practice our voice and trance. Yes, dear, that was good, and we are grateful to be able to demonstrate.

Your brother is here and wishes to say a few words: "Dear sister, you are doing a marvelous work. I have been here for a few weeks to watch, and you certainly have 'grown,' as we would say. I am so grateful to Juana for his marvelous way of giving out the Truth, and I hear greater things are in store for you. You are blessed, and I know you are grateful. We have been helping Thomas and hear things are improving. Now, dear sister, keep up the good work. I will come again."

Now Juana is speaking. Your brother does so much to help. He never gives himself credit. He knows the Power comes from the one Source of all good for each one to use according to their understanding.

His understanding is marvelous, and He does a great work on both planes. Now, dear, we had a good demonstration, for which we are grateful. Dear ones you mentioned were here and smiled as you recognized them. It will not be long before you will be able to see.

April 19, 1948

The Light, as you see, is great. Much good will be accomplished. Our lesson is on this great gift. It seems we can never say enough about the Light and Power and how they operate. When you turn your thought to this real Source of all good, you open the gate, or channel, to let the Light in;

and it does come through when your thought is clear and you feel at peace, knowing you have tried to help overcome all false impressions.

In a few lessons we will study how the Power can be used to heal. You have been reading over your lessons and find many points to help. That is what helps you, never doubt; just accept the Truth and be grateful. That means so much to you. We had a wonderful class last night.

Now we will have the trance lesson; that is the important point just now. That was a good demonstration. Soon you will stay out longer; then we will speak.

We are glad you can be quiet tonight; there is much work to be done for the protection of all mankind.

April 21, 1948

Yes we are present to give you the blessing and to tell you you are in line for greater work. It has been brought to our notice today, and we will be so glad to give you this work. This comes because you are so willing to help. You wish to help more than anything else just now. We see that and will do all we can to help.

The healing lessons will begin soon. That is one point; the other we will discuss later. We want you to have something to look forward to; it keeps one alert and expecting the good, which helps in many ways. Your thinking about the Life in relation to the physical body is correct. The body is the instrument one uses, that is all. You are *not* the body. It takes time for some to accept that, but you have a clear perception. One must know the real self only operates through the physical and can control its actions and feelings. You are spiritual; if you were not, you could not leave your body for an instant so that others could speak through.

We are grateful for this opportunity; there are many here to see the writing. We hear your call to help Mrs. —. She needs special attention, and we will help her. Dr. Preston is with her now. Yes, dear, you have many opportunities to

help. Now you recognize them sooner. We are grateful that you know where to turn for help.

Keep up your good work and thoughts.

April 25, 1948

The gold you see so much is the acknowledgment of the Light. The Power around you is gold; or, as we say, it radiates a gold Light, which means a knowledge of your real self.

Our class tonight is large, and many dear ones are here, thrilled by the opportunity to witness the demonstrations. We know the Power is present to accomplish the good. Now they have witnessed the writing. We will have the voice, and then the trance. You are so grateful to help that it makes everyone's heart glad to find one so willing. Many of your people are here. We may name some later.

Now, dear, we had a wonderful demonstration. You do so much to help; we are grateful. Soon we will be giving out the Truth, and you will be very happy. We will keep you in the right place. If you ask about any one, we will tell you. Now that is all for tonight.

April 26, 1948

Tonight our lesson will be on the Power to heal. We will talk about healing, then start the lessons soon. Healing is one of the great blessings given to us in order to demonstrate. It is a proof we are using the Power in the right way. Nothing gives as much satisfaction as to be of help to someone.

The spoken word is one of the ways to heal; knowing the Power does heal is another. The highest goal is to know that God is All, that God-Power is ever present; and by that knowing you heal. As I said before, by *knowing*—not just believing it to be so. You now know the Power is present; at one time you just believed it; now you see and feel the

Power. It will be so with the healing lessons. You will learn to know. That is what you study for, the knowledge of the Power of God.

We have proof of the Power to use the voice, also the trance work, and many other phases of mediumship. Of course, the more things you can give, the more interested they become. The main object is to give them the truth about themselves. When you know the Truth about yourself, you know the truth for others. We are grateful for every demonstration, and we see how grateful you are.

We have many more lessons to give you, and each one will seem more wonderful than the next.

April 28, 1948

We have with us tonight a very high Soul who wishes to say a few words. Now listen closely; you can hear Him.

"My dear child of Light, I come from a very high sphere to give you my blessing, which will mean much to you in your healing lessons.

The lessons Juana has to give you are the very highest, and I know you will follow instructions. That is one reason We are giving them to you. Not many have this opportunity. I know you are grateful. I know your brother very well; he was a pupil of mine. Yes, you saw a gentleman with snow-white hair; that was I, all in white. Now, dear, you are entering into a great and noble work, and we know you will use it for the good of all. My dear, you receive the messages so rapidly that it is really marvelous. I see you know the Presence of the great Light is near. You recognize it; that is wonderful. Juana certainly has done wonders to help you advance so rapidly. He laughs and says you need the credit for your faithful work. Now, dear child, I will come again to see your progress. Some other time I will tell you my name. Just remember me as your Teacher assisting Juana in this greatest of all work. God bless you. I will come again."

Now, dear, this is Juana speaking. We are very grateful to this noble Soul to come to help. We know the work will progress, and we will all be very happy.

Now we will have our trance. We just keep up our practice; every time we learn more. Now someone wishes to hear the voice. Also the great Teacher asked to see the work.

Now, dear, we have had quite a lesson, and Dr. Russell is very happy for the gift to come to you.

May 2, 1948

We come for our Sunday chat and our lesson. We are grateful that you appreciate your lessons so much. Many great lessons have been given out to be put aside and not used. That is why we are anxious to have a class which really wishes to know the Truth.

There are many here who would have appreciated the opportunity when they were on the earth plane. When one is ready and wants the Truth, the way is open for him. So tonight we will have our demonstration of the voice and trance, so others may see the work. We had a good practice. Now you know the Power is present and will operate at your earnest call. Many strangers are here tonight; they will come again.

So many times you receive the right answers to your questions. It is best not to discuss the teachings with others outside the class. Then each one may see or receive the teachings differently. You have been so good to receive your lessons as correct, not doubting or asking opinions. That is why you have progressed so rapidly.

Now we will leave you with Dr. Russell.

May 3, 1948

Tonight I will give you a start on your healing lessons. To heal we must have a knowledge of this God-Power and how to use it. You know the Power is present; and now the

following lessons will be on how to use this Power to heal. The greatest method is to know the Power is ever present and see no other presence. You will start with a simple lesson first. Now just repeat, over and over: I know this Power is ever present to heal. Now say that, knowing what you say is true. Repeat it as often as you can, as I say, with the knowledge it is true.

Now we will have our voice and trance lessons.

May 9, 1948

Tonight is a wonderful night. The day has been radiating Love to all mothers, and the atmosphere is filled with Love. We are very grateful. So our lesson will be on this great Love, which is from God.

We know there is only one Source of Love; and when it is given out in the right way, it blesses all who come in that vibration. So many have been blessed today, not only mothers but sons, and daughters, and fathers. They all have received some good. You have two wonderful children, children of Love. They both radiate this Love, and some day they will realize what a gift they have and will remember some of the lessons given them in Love for their unfoldment. We are all grateful for the blessings of today.

Now we will have our voice and trance work. Different ones spoke. It was quite a surprise. Now keep up the lessons on healing. I will give the next step soon. To know the Power is present to heal is very important. Now you have much to study.

We will be here to see the happy radiation of your daughter. We wish she could see the Light she radiates. Some day she will practice just as you do now.

May 10, 1948

First, I want to say you did much work while on the streetcar and at the station by recognizing the Power in every-

one. You know it is present, and some day you will see just what this recognition means. Now knowing that the Power is present to heal is the first step. Practice as you have been doing. Next, realize you know the truth of your statement. Now keep that up for a while. You are doing great. You do much work going places, and Dr. Russell says not to worry about sittings, for he does a work wherever you are. Of course, sittings are more powerful, but that will be taken care of.

May 16, 1948

We are grateful for a wonderful day to help your dear ones. We accomplished much good.

Now tonight we will have our lesson, a lesson on healing, as you will not be home to write. We will be with you tomorrow night, and much good will be accomplished in the home. Realize the presence of this Light, and we will be able to do much on the vibration.

You are realizing the truth of the words you speak. Now say this over and over with the other statements: I know the truth of the words I speak. That will be all this time; just do that.

You have done much good today with the call to Dr. Preston to help. He is always glad to do so. You may not see the result accomplished, but there has been much improvement both for Mrs. — and her daughter. We are grateful for your wish to help these dear people. Keep up the good work.

May 23, 1948

We come tonight with joy and thanksgiving for a quiet day for you to think over many points. You will some day realize the importance of being still and dwelling on the points that explain the Truth. When some point bothers you, look it up until you are satisfied with the answer. That is what we call "studying your lessons."

Now you can see how far you have progressed, and it all means so much to you. You are grateful and happy to have



two wonderful Souls to love you. Your children are both wonderful. David is also a great Soul. You have perceived that. Now all this leads to the knowledge you have put to practice, and greater things are in store for you.

We have many here tonight to hear the voice. So we will have the voice first, then practice the trance.

May 24, 1948

Tonight our work will be on healing. Yes, the real you knows all. Now the point you decided was to let the real you do your work. Now we will learn how the real you can accomplish good. Your lessons on healing have accomplished much good already, for you turn to the one Source of all good to help many and never doubt that your requests will be answered.

First, know the Power is ever present to heal. Now another step—you must be sure you know the Power is present at *all* times, not just when you are doing your lessons or work for Dr. Russell. You know without a doubt the Power is present then. Now learn to know that the Power is present any time you turn to the Presence for help. Now think on these lines, and soon you will have proof of your work. So much good will be accomplished when you give out the lessons. Why not make more copies? You will have a chance to give them out. Keep up your good work; and the more you can give, the greater work will be accomplished.

May 26, 1948

Yes, God does supply all need, but we must turn to God, knowing this is the truth. Tonight we wish to say we will do all we can to help Mr. —. He will not feel pain, and the rest will do him good.

You seem to find so many to help just around you. Also, we heard your request about Mrs. —. Her daughter is in loving hands and is very grateful for your words to her

mother. She will think over them and will feel comforted. So, dear, do you not see the work you are doing? You were right in correcting Mrs.— today. Refuse to have a negative word spoken. I know your heart feels you want to help, and much good has been accomplished. You are doing good with your lessons on healing. You will learn how to apply the great Love.

Now our lessons—voice and trance.

May 28, 1948

We wish to tell you you were correct in knowing Dr. Wallace Reed spoke to you last night. He is watching over you very closely these days, for he knows you have much good to accomplish and does not want anything to disturb you. So we are very grateful to him to come to speak to you. The great lessons you are undertaking are a blessing that does not come to everyone, especially in this way.

Persons are taught to heal, but not in this way. That is why we are anxious for you to have all the help possible. We know that when you know how important the lessons are, you will feel the great blessing bestowed upon you.

We will bless your friend Nellie tomorrow. She has a work to do. She helps many. Now, dear, do not let things disturb you; just realize the Presence is ever present to heal until you know it without a doubt. Now enjoy your company, and we will be with you wherever you go. A work can be accomplished with two earnest Souls.

Now our trance work.

May 30, 1948

We are grateful you have the opportunity to write tonight, for there are many dear Souls here who have not gained their freedom, and we will be able to let them see and hear that there is no separation between the two worlds. We know before many years there will be an acknowledg-

ment of the Truth about the spiritual world. We know there is no death, just a seeming separation. Your friend Nellie will think over the different things you told her. Some day she will wish to know more about the Spirit world. One never knows how much a word will help; it may not seem so at the moment, but in time it will.

Now about helping others if they do not ask for help. There are different opinions on the subject. We know we can state the truth; if they do not accept it, you cannot help; but you can make your statement of Truth about anyone. That is not "entering their mind," as one says. You settle the question for yourself, and if accepted by another it will help him. You send out the right thoughts at all times; that is your work and the work of everyone who wishes to help all mankind.

Now as many are here, we will have our voice and trance work. Rejoice and be glad you can make so many happy!

May 31, 1948

Tonight we wish to say you come to the right knowledge on many points, which shows great improvement. We are grateful for each step. We know your heart is filled with gratitude whenever you are satisfied you have made the demonstration of knowing whereof you speak.

Now our lesson tonight is on healing. Your wish will be granted some day—the right to heal by the spoken word or knowing the Truth. You realize more and more that the Power is present at all times. By acknowledging that, you have gained another point.

Know this God-Power is present to heal at the instant you speak the word or acknowledge the Truth about anyone.

Practice on this line, saying the words over and meditating on them.

You will have the opportunity to demonstrate. Your prayers for Mr. — will help him. We had a wonderful class last night; it helped so many.

June 2, 1948

Tonight you have a wonderful perception of the difference between thinking spiritually and thinking materially. Your reading of *The Lost Horizon* helped you to recognize the difference.

Now tonight we will have our voice and trance lessons. We will do more work on Wednesday than merely writing. Read over your lessons and find time to practice. That helps so much.

June 6, 1948

Tonight we are glad you feel free and can go and do as you like. It will not hurt to go Thursday night; you will know if you wish to go oftener. As you say, your most important work is at home.

You are progressing very rapidly, and the Light is coming through stronger each time. That is one way you can tell how you are progressing. The Power can come through so strong it will shake your whole body, but do not be afraid; no harm can come from the Power. You will learn to use the Power in many ways. Just be happy and glad you are free.

Everything will be taken care of. Just as you say, things are taken care of without you doing anything. It will be the same with the class. Now we will have our voice work. Many are here to learn.

All things develop for the good of all concerned.

June 7, 1948

Your lessons are very important, and you will find much pleasure in studying and applying them. That is the only way we can overcome things which seem to disturb us. You feel freer now than you have for a long while. That means much in your work. Just keep on trying, and you will succeed. You are not one to give up. You have an idea of this

wonderful state of spiritual blessedness, and you long so much to be in it at all times.

Tonight we wish to tell you that you have made much progress with the statements on healing. Soon you will have the opportunity to prove them. We heard your call today for Mrs. —. She needs much help, and we are doing much to help her. We wanted you to know we always hear you, never doubt that. You are never alone, and your call is always heard and answered.

Your call to your Presence opens the channel so that the Power comes through to accomplish the work. The Power comes through so much more now. When you make a call, know the Power is there to help.

Now as to the healing work. Just keep knowing the Power is ever present to heal. We can see by the Light how much acceptance you give it. That is what you have to do—accept and know the Presence is ever present to heal. Soon it will seem as if you always knew it.

As to the seance, you will be able to give out this Power, and it will help many. I will be there to help. You will see if you like going there. I know how you feel. You are glad to go any place if you feel you can help. I will let you know. Just be glad, knowing you are being led in the right path.

Remember there is other work you are going to be taught. There are many ways to give out the Truth, and we do not want to let any opportunity pass where we can do good.

Now we are pleased with this lesson, and I know you feel the Power.

June 13, 1948

Let us speak on the millennium. The millennium will occur when all turn to God and know their real self as this God-Power in action.

So you can readily see that the millennium for many has arrived, and many others will know it when they know themselves. The word "millennium" means your acceptance of your God-Presence, or your return to your Father's House.

It will not be long before many will recognize this Truth. It may take many years for some, and for others not so many. Time will settle all questions for everyone.

Now our voice and trance work.

June 14, 1948

You have been very close to your realization of your true self most of the day; that is why you feel expectant of good. We feel this Presence, and it comes through as a good feeling or an expectant feeling of good.

When you feel that way, always thank the great Presence within.

Our lesson tonight is on our acceptance of the Power to heal. Now you know the Power is ever present; and you must accept this as a known fact. Know the Power does heal and remove all discord. Say over and over; I do know this Truth, I know the Power is present to heal. Then when you know that, you may ask for a healing and know it will be accomplished. Knowing the Power is present to heal is knowing there is nothing to heal, only a misbelief and discord. So please practice on these lines. I know you will soon accomplish your wish.

Now we will have our voice and trance work. Yes, we are accomplishing much good. Now study your lessons, and I know your wishes will be rewarded.

June 16, 20, 21, 1948

You are correct in saying the important thing is to know of the Presence within. Things outside seem important, but the knowing of the Presence is the most wonderful subject you can dwell on. So try to turn your mind to this subject when thoughts come to disturb.

Tonight we wish to call your attention to the lesson on the greatest gift—the Power to know thyself. Read over that lesson, and you will be glad, for you have gained so much. That is your foundation.

Many are here watching, that is why we are talking in this way. They marvel at the writing and wish to learn how to do the work. Not many receive the teachings as you do.

Now a great Soul wishes to say a few words: "Just wish to say I have never tried to give a message this way; but it is, as one would say, great. I hope to find someone I can teach in this manner. Thank you, dear."

Well, we could just keep on writing, but you have a work to do. The Light is wonderful.

June 25, 1948

We wish to call your attention to the great lessons you have been copying. You did not realize, when you first wrote them, the wonderful truths they contained. It will be the same with your lessons now. As you read over them, you will find a new meaning each time. You have many good teachings to study. You will put them into practice after you know. You find so many to help. Just keep up your good thoughts and work.

Now we have a little surprise for you.

"This is Hosea speaking. I want you to know I appreciate your quiet way to help and the Truth given. When you sit quietly, Juana can do much good work. I wanted you to know you are in the right place, where you can do a great work silently. We all love each one and wish to help at every opportunity. Much of your work will be done in the silence, but you will feel happy knowing you are helping. Now do not forget."

Now, dear, that was a surprise, and a joyful one. Yes, we can do much to help, and we are grateful for the opportunity. Now enjoy yourself tomorrow night. We can do a work there also.

June 27, 1948

Yes, Dr. Preston heard your call and will help the dear

little baby. Now as to our work tonight, we have a great work to do. When you are still most of the day, you radiate a brighter Light. So we will take advantage of the Light and do a work for many who come to learn. There is much to learn in a class here as well as on the earth plane. There are many anxious to learn the Truth and to do a great work. So tonight we will have the voice and trance.

We are grateful for our work tonight; we gave much help. When the work was being done, each one was happy to be of service.

June 28, 1948

Our lesson tonight may surprise you, for it is to be on Love and Kindness. You must learn to know the difference between human love and God-Love. When you gain the Love of God, nothing will disturb you. You will know this kindness to all people. Try to practice this. Do not look at persons for what they seem; just see this God-Light accomplishing everything. There is so much good to be done.

When we know God-Love is present in this Power, we are using the Power in a good way.

Now we seem sleepy; it is a trance condition, and we will have our trance work now. . . . That was a complete trance!

June 30, 1948

Tonight we are going to talk on this "silent" work which means so much to the ones helping. When you are doing silent work, you are working, we may say, in the unseen; but your thought and prayers are seen, and the Light and Power sent forth accomplish much good. Of course, we can see the good accomplished, and in time you will see and hear about the work being done.

Your presenting the gift today was an act of kindness, and we were there to help and bless you both. It is in differ-



ent ways that good is accomplished. Now tomorrow night we will do a work. Some may feel the good, others may not at this time; but the seed will be sown, and at some later time they will want to know the Truth.

As I said, practice and know this is the Truth. No matter what anyone says, we teach the Truth, we know whereof we speak.

You are doing fine with your healing lessons. Just keep up your practice. Now we will see if someone wants to speak before we close.

We are grateful, for we accomplish much. Do not fear to let the Light through. That is why your body is stronger, so that the Light may come forth with greater power to help. It may shake you, but do not be afraid. It will do you good and help to accomplish your healing.

Now we had quite a lesson, so rest a little and help Dr. Russell. You should accomplish much, for the Power is very strong.

July 4, 1948

We are here tonight with a band of faithful ones who are anxious to learn how to help others, just as you wish to help others on your plane of existence. We are very grateful so many wish to learn so that they can teach others. Our work at the seance was very satisfactory. Much good will be accomplished. Yes, go Thursday, and we will help all we can. Some are very earnest, others just want to receive. You will find that in most places. Some want the phenomenon, others the Truth. We are grateful for every opportunity to give out the Truth. The Truth is the most important thing one can study.

In reading over your lessons you find so many points to be remembered. You will find time to make your outline; it will be of great help. Just know the God-Power flows through every second of your existence.

Energy, Health is in that power, and soon you will re-

move all discordant conditions. As your father said, by knowing God is All you remove all discord and sickness. Keep going over your notes on healing and soon you will find all discord slipping away.

Now we will have our voice and trance lessons. Many come to watch each time. You were correct in naming the persons present. We have much to be grateful for as we start the new July. The right to think and know God is All is a great blessing.

July 7, 1948

Tonight we are glad to see you realize there is no death, that Life is forever. In thinking of your cousin, you just thought of her as in another place where she would have more freedom, and that shows advancement. But you just *knew* it was so and never thought anything more about it. See how things come naturally. It will be the same when you prove the healing lessons. You know the Power is present. Keep up your good practice.

We are grateful you know where to turn to for your help. You are correct in knowing what you want, you know the Truth is being taught, and you want others to have the same opportunity. Now, dear, your prayers will be answered. When a prayer is sent out, it accomplishes the wish, if good.

Study, and you will be ready to give out the lessons so that they will be understood.

As you say, others believe in what they are taught; it is the best they can now receive. So do as you say—just know the real self is present; and by knowing that, you help. Just do your work every place you go, and you will soon feel happiness within, even if it is not recognized without.

Your silent work means so much to others as well as to yourself. You will have friends you can talk with on these great lessons. How soon the good will appear, you never know.

Now you will have the voice and trance. (Two great

Teachers spoke so inspiringly and helpfully.) We are grateful for these great Teachers who spoke tonight; it gives us the assurance that we are doing a good work. We are grateful to them.

July 11, 1948

The motion you hear is the Power present, and it gives out this seeming noise. You are blessed to hear it. It does not seem as a noise to us; it is as music. You too will hear it sometimes as beautiful music.

We are glad to find you restful and eager to study your lessons. They will be a great help to you in your new work. We are going to have our trance now while the Power is so great, then the voice. Now, dear, we had quite an experience. You may write it down so that we can refer to it later, for I will hear of the work accomplished. (Many great Teachers came and spoke, or, as one said, "used the Light to accomplish some important work." My mother spoke. My brother came to assure us the work being done was for much needed good. So we will be glad to hear what it was. We are very grateful they came to this "humble home," as we would say. They do recognize the Light is great to accomplish much good.) We are grateful to them for coming. Now, dear, see what it means to study. We are all thrilled.

July 12, 1948

Tonight we come with a special message from Jennie. She says to tell you she will be away for a while on special work, but she leaves you in good hands. Much good will be accomplished. She sends much Love and wants to say she is proud of your work. When she returns, she knows she will find progress.

Now our lessons will be on our healing work. You know now the Power is present to heal. Now we will learn how to use that Power.

Say over and over, I know the Power is present to heal and remove all discord, giving health and harmony. Say that over and over until you know it to be the truth. You know by now that repetition impresses it on the mind, and soon you accept it as Truth.

Tonight our voice work will be for the good of all who come to speak. Then we will have our trance.

July 14, 1948

We are here for a special purpose tonight. We find that so many can come and accomplish a good work by the presence of Light that we have invited special ones tonight. Last night you did a marvelous work. You knew the Power ever present, and knew where and how it comes through to operate. That is knowing, without a doubt. You find so much in your lessons, and it will all accomplish the good.

Many are watching the writing. It takes Power to receive the impressions, and you do receive rapidly. We are grateful for that one point.

As you know, the Power is ever present; and the more you dwell on this Presence, the greater the Power will come through to accomplish what you ask. Now that is very plain; and if you follow that rule you will find much good coming your way—perfect Health, Strength, and Love and Kindness to all who come in your office.

Many have watched the writing; and now we will have our voice and trance.

July 23, 1948

We called you tonight to give you a special message. First, tell Mrs.— her daughter will be all right, no matter when the little one arrives. As to just when the arrival will be, we do not know just now. That is left to the Higher Powers who know their work and allow no one to interfere. We do not ask for the information. Now as to our spe-

cial message, we wish to tell you your grandfather on your mother's side, one you never saw, wishes to be remembered to you. He rejoices at the progress you have made. Now he is here and smiles and thanks us for giving the message.

We were at the seance last night, and much good was accomplished. Now you can see and hear, but you feel the most important thing is to know the Truth about yourself. Yes, Mr. Hauser was correct in describing Dr. Russell. Yes, he was a very famous doctor. Mrs.— perceived some of his workings. Now he uses spiritual means only, as we do.

We want to have a voice work to let your grandfather see the work. He is a noble Soul and wants to help in every way he can.

You have a marvelous family over here, all doing a great work. Now the voice work, please. (My Grandfather spoke; all the family were here; it was wonderful.)

Now Hosea wishes to say a few words: "You did splendidly last night. We are very grateful for the silent help. They sense the good vibration and feel better. Tonight has been wonderful. I will do all I can to help in every way. God bless you."

Now Juana speaks. Don't you think we had a special meeting? The dear ones hear about the work and ask to come, so I thought tonight would be a good opportunity.

July 25, 1948

Pa wishes to say a few words: "I miss Jennie, but Daisy Bell is a pretty good friend too; she is helping me. Now listen more for me to talk. Don't worry, I will not spend too much time here. I have much studying for both of us. When I study, I will be able to help you. I know you want me to advance, and I want to. So I will come when you are home and then study the other times. You see, we do not sleep here as we do on the earth plane, so we have more time. So many need help, we are kept busy. Love to the children. David is growing. I saw him the other night. My, here I am

doing a lot of talking, but it seems good to have the opportunity, and you write so fast. It is a pleasure to talk. Now I must go. Love."

"This is Daisy Bell. Pa gets so much pleasure from writing, we love to help him."

July 26, 1948

Tonight our lesson is to be on our great Source of all good. Just look to the good for everything you wish to accomplish. See only the good in everyone and everything. That means so much. We must put into practice the points learned; that is the only way you can advance. Practice makes perfect. As you realize your oneness, you will find many new points unfolding. The Power is ever present to accomplish the good.

Now we will have our voice work. We had quite a line of different experiences. The Light helps to accomplish so much good. You heard others speak, and you will know the good work is being accomplished.

July 28, 1948

Tonight we have special guests who will witness the work, and we are glad you have felt happy today. That is the way you should feel all the time, knowing you have this great Power at your command. When you do know that, you will feel this gladness for all people. You want others to be happy to and want to do all you can to help. You know how much your spoken word helps.

Now we will have our voice. There may be special work to be done. Yes, dear, we did much good. You saw the line of persons passing. They were on a special journey, and the Light was a great help to them. The darkness, as you perceived, was from those who did not have as much understanding. They were very grateful for the Light.

Yes, you heard Dr. Wallace Reed talking. (I heard him

say, "What is going on here?" You see, he watches closely.) The great Light must be used for good only. You know that. Yes, to know the Power is ever present is much to be grateful for.

July 30, 1948

Tonight is one of gladness, for you do know the Power does heal, as your call last night proved to you at once. The Power is ever present to be used or brought into action.

Your call opens the way, and the Power removes all discord. Now do the same with the other discords, or seeming troubles; you will have your reward, for you know the Power is present and it does the work. We are very grateful.

You did all right with your explanation last night. Just as you say, the phenomenon is wonderful, but it does not explain about the real self and how to use the Power to help all people.

You will be happy in your work. See if you can get your outline made this Sunday, as Mr. and Mrs.— are anxious for some word from you. When they learn the Truth, greater lessons will be given them.

August 1, 1948

Our lesson tonight will be on the Truth of the Presence within. We know the Power is present when we can feel and see the Light. Now that is one step in the knowing of the Truth. We know the presence of Light when we recognize the gifts. We should go over them often and give thanks. We have much to be grateful for, and the oftener we express gratitude, the oftener we recognize the Light within.

There are many here to witness and learn; that is why it seems different. I am glad you notice the difference in the lesson; it shows you do know when the lesson comes through without an effort. The lessons are for the ones here as well as yourself. Just think I am speaking to a large class, and you

will be thinking correctly. Now some even here do not know yet the Truth of their being. It takes time on this plane as well as on the earth plane. Some accept at once; others have to think it over and study. But when they know where the Light or Power comes from, and learn how to operate the Power, they can accomplish much good.

We are grateful we can help in this way. Now we will have our voice—that will show how the Power can be used. Then we will have the trance.

August 2, 1948

Tonight we will discuss the use of the great Power you feel coming through. We will take the Power to heal: and many who come will receive their healing. You know everyone is not advanced when they leave the earth plane, so they have to study here, and many need healing. We are grateful for the opportunity to help in this way, grateful that you have been so earnest to apply the lessons and bring forth the Power with understanding to help. You will be blessed, and your dear ones have received many blessings by your calls.

Now we will realize the Power is present and send it out to heal all who come. I do wish you could witness the work.

August 6, 1948

Tonight we will be glad to explain why we do not come to the seances to speak. There is so much work to be done; hundreds come to a seance and do not have a chance to speak. So we try to help as many as we possibly can. Last night you recognized the great need; and, in a way, you were not happy about it. You wished they could receive the teachings and Truth about themselves. Well, it is a slow process; a word now and then helps one to think, and when they begin to think over things, they begin to progress.

We will practice our voice, then our trance.



August 8, 1948

We are glad you feel you never want to give up your lessons; they mean so much to you. Yes, you will have the opportunity to give them out. As I said, study, ask yourself questions, and see if you can answer. That will teach you much. Tonight our class is very large, and we wish to give them much help. You will never know how many you help by writing so that others may learn.

Tonight we will have our voice, then our trance. Others may wish to speak. You feel the presence of these dear souls. Now I will speak. Yes, that was a good trance. We are grateful we can help so many. Study all you can.

August 9, 1948

Little do we know how far our thoughts and words reach. Your prayers have helped so many—those in the Spirit World and on your plane. If we could only keep good thoughts all the time, we would be very happy. No, I do not think it would be monotonous to have only good thoughts all the time.

Our lesson tonight will be on this great Law of healing. You are doing nicely with your studying lessons. When you ask for help for anyone, knowing the Power is present to accomplish your wish, you will feel the happiness and know your prayers will be answered. You cannot ask and not receive if you know for what you ask.

I think we will have good trance work tonight. So perhaps we will have the trance first and then the voice.

August 16, 1948

We come tonight with thankful hearts for the work that has been accomplished on vibration. Many here come and give thanks for the opportunity to witness the work. So we are grateful when we see the good accomplished. Just keep declaring the Truth for yourself, and the seeming difficulties

will be removed. Just know the Power is ever present to establish health and renew the body, so it will be a channel to give out the Power—or, I should say, let the Power come through to help many.

Tonight we are thinking of all the good accomplished. We do wish you could see. When we have faith and know the Power is present to accomplish the good, we can ask and will receive. Many are here tonight to witness the work, and that is why we are just writing and reviewing our demonstrations. You have made many. Thomas has been helped in many ways. He is a wonderful son, worthy of all the good he has done. And what a help your daughter gives! Now we are grateful for all this good.

Study your lessons on healing as often as you can. Go over them from the first. We are grateful for the Light that comes through to bless many. Now we will have the voice, and Power, and trance. You did splendidly that time; soon I will speak.

August 18, 1948

You are correct in your belief about how the great Power operates. Now our work is to use this Power to help. We do that in our class and in our thoughts and spoken words. Much good can be done by this method. Healing with the spoken word is one of the highest uses of the Power. We are grateful you are practicing your lessons on healing. Soon you will know the Power does heal, just as you do know the Power is present. Tonight we are to help many by teaching them the writing, also the voice, the healing and trance. So you can realize the many accomplishments you have made thus far, and we know it is marvelous what you have learned in the short time. Yes, we know you are grateful.

August 20, 1948

We are here tonight to explain many questions. You were wishing Pa would give out the Truth. Well, dear, sometimes

you just have to give a word of encouragement, and the next one may give something to help. Pa knows the Truth and will help many.

Now as to spiritual Power. There is a difference in the God-Power which comes forth and the use of the Power by spiritual means. The Power is all there is, but it is used in different ways. Some feel the Power ever present and do not recognize it as the Power of God. They think of it as a Power from the Spirit World. Now you see the difference when we radiate a Power; just know all the Power there is, is this Power of God.

Tonight we are glad you realize the questions can be answered. Power will be given to those who are in earnest. Much Love is given out by the great Teachers.

Tonight we will practice our voice, power, trance. We will help you to see and hear more. As I said before, the more you know, the better we are prepared to help. We are learning at each sitting how to use the Power in different ways you will recognize.

August 22, 1948

Tonight many are gathering here to hear this great work. We are to give a demonstration of the Power ever present, and how the Power is used. One way is by writing, another is by the voice work, and also by trance work; there are so many ways we can use the Power.

First, one must learn how the Power comes and whom they ask to use the Power. When they know what they are doing, they have more faith. Now we will have the Power to bless all.

We are grateful for the demonstration on the Power. We accomplished much good.

August 27, 1948

Yes, we have been with you most of the day to help you in your development of healing. You find so many to help,

and we want you to have the help to turn to until you do know without a doubt that the Power is present to heal.

The lady who was at your table was helped. You realized the Power was present; and on that Power we can do a work and help you have more confidence in yourself, knowing the Truth of the words you speak. Now you know why you felt our presence.

Our lesson tonight will be on this healing Power. We are anxious for you to grasp these points so that you will know when you speak your words they are the Truth and will do the work. Now you know the Power is present to heal, but you do not know yet that your spoken word *does* heal when you turn to the Power, knowing it is ever present to be used for the good of all. You believe God does heal. So just practice *knowing* the Power is present and that your calls are answered at once.

August 29, 1948

We are glad you had a chance to get out in the fresh air, and I know you enjoyed the trip. Many were with you; and as I said, a good work was accomplished. So tonight we are grateful to have our class, as many come to be helped and to learn. Study Friday's lesson, and soon you will realize the Power does heal and will know without a doubt. You will know the Power is present.

Now we will have the Power to heal, as many are here. Then we will have the voice and trance. You see what it means to be highly spiritually developed. Now you see we can do much good in many ways. One does not have to go far to know the healing Power is ever present.

Wish you could see the good accomplished; but you are grateful you can help, and you trust us, which means much.

September 6, 1948

We will answer your questions about the Power coming through the forehead and the hands. It is the same Power,

but you feel it more in the forehead—the open door, we would say—for the Light to come forth. Yes, we can see the Light from both places. We are grateful you recognize the Power and how it can be used to help all who come.

Now we will practice tonight; as you say, Wednesday is practice night. We will direct the Power first, then have the voice and trance. Yes, I will be with you tomorrow. I am sure others could see the Light if it came forth as strong. Now see how easily you went to sleep. We have much Light tonight, for which we are grateful. We will do a work tomorrow night.

September 8, 1948.

Tonight is another day of rejoicing. You have gained many points. When you know a statement is true, you radiate a Light; and that Light is seen by many; so we know when you realize a point is true. You may not remember what you were thinking at the time, but when you once acknowledge the Truth of your statement, you *know*; and that is what we wish for you to know—the truth of your statement.

Your lesson on the Soul helps you every time you read it, does it not? Now study that until you do know without a doubt how you operate. You know the Light is present for you see and feel the Power, but you cannot always remember how the Power operates through the physical body. So these are the points you must study and know. Just take different points and dwell on them until you do know.

Now we will have all the points for our lesson tonight. First, you are never separated from God. Second, know who God is. Third, know what you are. Fourth, know how the real you operates. Fifth, know the real you. Sixth, know how to use the Power to help others. Study these.

Now we will have our Power lesson, then trance and voice. We have much work to do. We are grateful for the Power, which is great tonight. You feel it more than at most

times. We are able to help many when the Light is so strong.

Dear, I wish you could really know just how far you have advanced this past year. You have some idea, but not as we can see. Keep up your good work.

September 13, 1948

Our lesson tonight is on the great Power, the Presence of God at hand to help and give healing to many. You are learning to have more confidence in your knowing; soon you will see the results of knowing the Power is ever present to heal. When you know that for yourself, you will have more confidence to help others. Yes, we will help Alice and watch over her.

We do know without a doubt that the Power is present, and we use it to help in many ways, to heal, to teach. Many go away rejoicing for the help they have received.

It is a pleasure to talk with you. You know all is well and trust the Power with simplicity. That makes your work so much easier for you. Mr. and Mrs.— have been studying. We will send them another lesson soon. Do wish they could be in a class where they would receive instructions. Now we have many here to receive help. We will have the Power lesson, then voice and trance. So much good is accomplished.

Remember your Tibetan Teacher spoke. Dr. Wallace Reed was present, and many noble Souls.

September 15, 1948

We wish you to know we heard your call today, and we will help you in every way. As you say, you know the Power of God does heal. When you ask for healing, know the Power *does* heal. Of course, the spoken word has more Power, but you can always send out a silent thought with much Power, knowing the Power is ever present to accomplish the good. We are helping you to recognize your Power and to know the Power is ever present.

When one is so in earnest, you cannot help but obtain results. Your prayers are answered before you speak. Just know all is well. There is only one Power present to be used for the good of all. Now we will have our lesson on Power, then voice and trance.

September 17, 1948

Tonight listen closely to what I have to say. You do not realize the Power you have to help others. When you walk the streets, you radiate a Light which helps many. You say you trust and believe what we say. We realize you wish to feel you are helping others. Well, you do more than you realize. We can see the marvelous work done. Some day you will realize this is the Truth. You just keep up your good work of sending out the Light. Your prayers help many.

One lesson of Truth is more than anything you could possess. The seeing and hearing is wonderful; but when you know the Truth, all these things will seem small. The gift of God-Power is priceless, and you now recognize that Power to help. Yes, we did much good last night. We all love to have a word of praise.

Hosea may speak to each one and tell them how they are working. Then there would be no hard feelings for one who is progressing faster than the other. It is all up to each one how fast they advance. It takes study and practice. They should be told that, if they cannot see how others advance. Yes, it is a very wonderful class, with some very honest souls.

We do hope the time will come for them to learn the Truth about themselves. We know you wish to help and feel you are doing good.

We know the time will come when the Truth will be given out. Now we do a great work which is seen from our side of life. You will feel you are helping. Now, dear, you realize something of what I mean by the statement that the-

Power is ever present to help. It is a priceless gift. We know you are grateful. You know you can help many.

Now sing praise to this great Presence and be grateful that you realize this great Power.

September 20, 1948

Tonight we wish to tell you your friend Mrs.— has many who will help her about her purse. She must learn to turn to her Guides and Teachers for help. Just ask, and she will receive help.

Now our lessons will be on the teachings we will use in the class. You know more of the Truth than you realize. Words will come to you when needed. You have the outline; study the points until you do know every one. Yes, ask for anything you wish if it is for the good. Put your attention on what you wish, not on what you do not wish. Keep your thought on the one thing by refusing to be interested in something else. Just bring the thought back every time it tries to wonder. We wish a clear channel to give out the Truth.

There is so much practicing to be done, and it is better to accomplish the things of importance at the moment; then the others will come much faster.

We will have our Power lesson, then the others afterwards.

Do not worry if you do not always feel the Light. The Light is coming through at all times, but stronger when you feel it. We can always accomplish a work on the Light vibration. All is vibration. We will study along that line soon. Just try to study all you can.

September 24, 1948

Our lesson tonight is for the earnest Souls who have come to receive help. I will explain your question in a lesson. We are to take up the different usages of the one great



Power, as many use it not knowing what they are doing.

Now, dear, we will have a demonstration of the Power to help many. You understand what the work is we are doing. You may write it down later so that you will remember.

(They help ones who are earth-bound, we should say. They are shown they can be released so that they can come here and then go higher, learning to help those here.)

Now the Power lesson, then trance and voice. You see the good that can be accomplished. Someone here would love to speak a few words. Things are coming along great.

September 26, 1948

Tonight we have our our guest a very noble Soul, and he will speak a few words to the class. You will hear.

Now we will do our work to help all we can. The Power lesson first, then the voice and trance. We will not do much writing, as this is a special occasion. Many are here to see the work.

Now that was a surprise for you! A great Soul who accomplishes so much good, Swami—. We are grateful we could give a good demonstration of the Power. You do so wonderful to help in every way. Now the work with Dr. Russell will be great, as the Power is still flowing and, at your call, responds to greater strength, which is priceless.

September 27, 1948

Do not confuse yourself with the little you. It is, as you say, false thinking. It is just using the Power in two different ways. There is only the one self, not two.

We will write on it at some other time, as I had a different point to discuss. We will get away from the little you and know the *real* you, the you that sends the Power out to be used for good. When you dwell on the real you, all others

seem to fade away, for the other is a false concept in the first place.

Tonight our lesson is to be on vibration. When you are thinking good and realizing the higher self, your vibration is much higher. Then you send out waves of Light, and they are received by others. You receive the vibration we send out. That is one way of hearing or perceiving we are near. All is vibration in some form; or, to make it plain, everything is in a constant motion. You cannot see or feel it at all times, but it is so. Many scientists understand this. All you really have to know is that this Power you feel is the God-Presence and will come forth at your call to help accomplish good. You can do much good in this way. You see many who need help. All you need to do is to ask for help, knowing the request will be answered. Just know the Power is present and will accomplish your wish. Be on your guard at all times; let nothing enter your thought but good. Do not accept sickness as real; just know it is a false belief about the real person.

Now I think we will have our Power lesson, then the voice and trance. We can do so much good that we do not want to neglect a lesson. We are grateful for a real trance. Yes, you have much to study. Take one thing at a time and study until you know.

September 29, 1948

You seem to find some questions which are hard to explain in a language that can be understood. This drawing of Power from another is the wrong use of the Power one has. It is better left until we understand greater things. When one uses the Power in the wrong way, be sure one reaps what one sows.

When they know the God-Presence surrounds them and protects them, no other force has any power in your world. That is why we say, realize the Presence of good always. That

is the best thing one can do—realize this oneness with the great Presence of God.

Tonight I wish to say you do realize this Presence and know it is to be used for good only. Tomorrow night we will accomplish much good in the class. So just be grateful you can help.

Tonight we will practice the Power first, then the voice and trance. Yes, that was a really good trance. So many are here tonight, and we are always glad when we can do a good work. Purple Heart is a very high Guide. She may come to you in the seance sometime.

Now we are realizing the importance of knowing the Presence is ever present. We are grateful.

October 1, 1948

We are grateful for your answer last night. The great Teachers understand, and they will appreciate any question you may ask. That way you can be of help to the ones there and the ones who come to listen. You were correct in thinking that what one sows, one reaps. Thoughts do a great wrong sometime. We have to answer for every idle thought. We want you to become established without doubt in regard to your real self; then we will take up the seeming obstacles that hinder the flow of the great Power of God. It is really a misuse of this great Power, but it is all right to know it is being misused.

Now we will start a new month. The months pass so quickly. We do not have time over here; so we do not pay much attention to time. We know when one is thinking correctly, everything will come true at the right time.

Now we are going to do some more practice. We will start the new month with a good demonstration. Yes, it was a complete trance.

October 3, 1948

Tonight we are here to see this great Light operate to

bless and heal many who come. You earnestly want to help and study. Now just put in as much time as you can on your lessons. Just know God is All—All Life, All Power—and manifests or operates through your real self. There is no other self—just the body with which the real self sends out the Light. Now our lesson—power, voice, trance.

October 4, 1948

We love to watch the Light as you debate your different questions before coming to the conclusion that you are correct; then the Light shines. Tonight we are going to talk on the Power and ways we can use it. This greatest gift from God is one we may praise and be very grateful for. You know the many ways we have given; now we will take up your calls to send out this Power to help many. When you send a call or ask for help or blessings, you have set the Power in motion, and it does accomplish the good.

I notice when you send out a call that you never doubt; you just know it is the right request, and you know it will be answered. That is what we are glad to see. You do not make a call, then wonder if it really will take place. At one time you wondered if you were making your calls correctly; now you *know*. You see the point you have gained. Now no matter what the good you wish to accomplish, the Power will answer the call. Just keep up your calls, knowing whereof you ask, knowing they will be answered. You do not need to wonder when or how, just know the good is assured.

We have accomplished many things by the use of the great Power. You have not really understood what it means to you; but when you do, then you will wonder how you could ever have such a wonderful gift. It is everything to you, and must be used to be ever flowing at your request.

October 6, 1948

Tonight is one of rejoicing. We find you are gaining rapidly, and you feel the change yourself. Just take the

points one at a time until you do realize the Truth of your statements.

So tonight we will take time to practice and help all who come. We want to practice so that our work will be easy. Tomorrow, if there is a chance, we will impress you what to say until you get used to asking questions. The oftener you speak, the better you will feel,

We are grateful for the noble Souls who came tonight. They recognize we are doing a special work and are grateful to acknowledge it. We too are very grateful to them. So see what study accomplishes; and every minute you have, turn your thought to the one Presence and Power. We did splendidly tonight, and we will keep up the good work.

October 10, 1948

Our class tonight is one of the noble Souls who have come to witness the work. We would say they are Teachers and wish to see the demonstrations. Not many know how to send out the Power as you do. I must say, it is wonderful. Now we will have our lesson, the Power, voice, trance. Our work has been most satisfactory. The dear ones just marveled at the Light.

You will accomplish much good with Dr. Russell, as the Light is very strong. You feel and see it. We will have one more demonstration, then close.

October 11, 1948

Tonight we will have a lesson on knowing. Many things you know to be true in the material existence; now we want you to know about the spiritual. If you can picture the spiritual world as just the same in appearance, only more beautiful, you will begin to realize you are helping in the same way as you would in the material.

You want to know how you operate in the spiritual. Many

times you are absent from the body. You can almost forget there is a body; then you are functioning in the spiritual. Most of the time you have to operate through the physical, but it is the same you. You are spiritual at all times. Now knowing that frees you from the thoughts of others. You can be free, knowing who and what you are. So study along these lines, and you will find much happiness.

Dr. Russell heard you today and did a work. The lessons have helped many who are watching the writing. They see how we operate in the spiritual world and the physical. We have the advantage; we can see in "both" places, we would say, for there are not two worlds, just the one. There is only a thin veil between them. You see many people but do not recognize them, just as in the physical world you pass many but do not recognize them.

Now we will have our lesson.

October 18, 1948

We are here to help you realize more of the healing Power. Yes, you know the Power is present to heal. Now when you hear someone speak of disease, just know at once the Power of God is present to heal. Just do that, and you will help much.

Yes, there are many great lessons, and you will find ways to give them out. You may interest Mrs. — a little at a time. She really would like to know how to use the Truth. Your week from the store will help you. You are marvelous to do the work from day to day.

Now do not worry about writing; we will have many opportunities, and if you miss one or two do not worry; you will do a work no matter where you go. Now keep that in mind when you are going places. Always know God-Power is present.

Now we will have our lesson on Power. Some different ones are here tonight. We will surprise them, I know.

Well, did you have a really good sleep? You did not remember going out did you? You just found yourself awakening from a sleep. Now that was the real way for a trance. We are grateful you wish to help in every way you can.

October 19, 1948

We hear your every wish and are glad to help you at any time. Yes, we can do a work at any time. There is so much to be done. You are doing well with your studies. We see you do not want to miss a chance to help. So tonight we will send out the Light and healing Power; they will bless many. We are always glad for the opportunity to help those who ask.

Now our lesson. I am sure you felt the help given others. The little girl on crutches was grateful for her healing. So much good can be accomplished when one has the Light to work with. We are grateful for this quiet hour.

November 1, 1948

We are grateful to see how much you do appreciate your lessons. They really mean everything to you. We are grateful to come to teach. The door will open to wider opportunities to give out the Truth. It may seem long to you; but, as I say, we do not consider time, so we know the opportunity will come. You will rejoice at the help given. Now we will have a few words about our work. You are progressing wonderfully, and many lessons are to be given you. So do not worry about lessons. You have much good work to do. Just rest easy, and send out this Power to bless and help.

Now we will have our lesson.

November 3, 1948

Tonight will be our practice night, as many are here to

be helped. We are blessed to have a quiet place to come and to have the Light and Power to help many.

If classes would only be as peaceful, with no jealousy or unkind remarks, the good would come with more Power.

Yes, it is wonderful to know we are not separated from God and to know the Power does come forth to heal. I will be with you tomorrow night. Many come to see and be helped, many who never speak; but one knowing the Truth helps so much.

Now our lesson.

November 7, 1948

Tonight we wish to help many, some who are innocent and have been judged wrongly. Yes, there are many to be helped, and we are grateful you realize help can be given, knowing the Power is present and can be directed to do good work. Now we will help these dear ones.

All are God's children; some just got on the wrong path. We must say we had a wonderful demonstration of the Power. The Light was great, and we accomplished much good. One could not see the Light without thinking on higher lines. When they see what can be accomplished, they take new hope and try harder to learn the Truth.

If persons in your world could see the Light come at your call, they would know. Keep up the good work. Many things are in store for you.

November 8, 1948

Our lesson tonight will be on our understanding of this Christ Spirit. We speak of Christ-Presence and then wonder if we really know what the Christ-Presence means. Jesus knew the Christ-Presence at all times. He recognized this Presence in everyone He met.

Now the Power God has given us to help many is the



use of the Christ Spirit when we are doing good. In other words, the Christ Spirit is the working of the Spirit, or using the Power that is the Christ, the Real Self of God.

The word "spirit" really means wanting to do good and using the Power to help. When one feels a kindness towards another, he is using the Power in the Christ Spirit. Now that may seem a little strange; but read it over, and I am sure you will get the meaning.

A large crowd is here tonight to see the Christ Spirit demonstrated. You are grateful to help in any way you can. That is using the Spirit. Christ is the *real* you, the gift of God, and you use the Power to help in many ways. So, getting back to the real Source, God is All. That includes *All*—you and myself, everyone.

Now we will have our lesson. . . . We had quite a lesson, one with much Power, and much good has been accomplished.

Study, and you will find all the answers to all questions.

November 12, 1948

Once again we come to review some of the many points in our lessons. Now, as we say, the most important point is to know this real self, the Light of God. Just turn to the real self at all times. It may seem like two, but there is just this one real self; and when you realize that, things will come much easier. The real self is just the one self that God operates through. So all is God in action. You know that now, but it is good to review it once in a while so that it is impressed on your mind, or, we would say, you know it without a doubt.

Many are taking these notes and are very glad of the opportunity to learn. Now we will let them see the great Light we speak about in the lessons. They will learn to operate the Light to help many.

Now our lesson. . . . Wish you could see the expressions

on new faces; they do not know what to make of the Light but are grateful they have the opportunity to see the demonstration. We will keep up the good work and hope the channel opens on your side to give out the Truth. We should not say, "We hope"; we should say, "We *know* we will have the opportunity to give out the Truth."

November 15, 1948

Our lesson tonight will be on how we give out the Power to help others and use it to help ourselves. You know now the Power does come forth at your call. Just know the mighty Presence is ever present to help this person. You can do this many times a day. Then you will learn to heal, knowing your prayers will be answered. We use the Power in the same way. Jesus knew the Power was present and used it to help.

Now you know the real self operates through the physical body. That is one of the important points. We have much to be thankful for. Study and think on these lines. Now our lesson.

December 6, 1948

Our lesson tonight will be on the gifts of God. We should go over our gifts often. We just accept them as being ours. Now we see, we walk, we hear, and use these great gifts of Power in so many ways. I wonder if we realize these great gifts come from the one Source of all good. So go over these blessings every day, as well as the many other gifts that you now recognize.

We are grateful for the Power that comes through to be used for good to help many. We will have our Power lesson, then trance. The trance was complete. We will soon be ready to speak. We have much to do before Christmas and I see you are busy. It just makes one's heart glad to give pleasure to others. Now count your blessings every day, and you will feel happy.

December 19, 1948

In our class tonight are many loved ones of different races and creeds. They are earnestly searching for the Truth. So tonight we will do all we can to help them.

You are rested and feel happier than you have felt for a few days. Yes, your lessons have many points. I do wish you had more time to study.

Now we will have our lesson. . . . The room is bright from the radiance of the Light and Power.

We are grateful for the talk you gave. They seem not to wonder if it is real or not, just as you all do at some seances. We are grateful for the Power, and we did accomplish much.

December 20, 1948

Our lesson tonight is to be the Christmas Spirit. You have learned that the Spirit is the Power which does the work. Now when we have the Christmas Spirit, we are using the Power to accomplish much good. We feel the Kindness and Love and Beauty which is Christmas Spirit. We are here tonight to give out this Christmas Love and Kindness to help many.

Now we will have our lesson.

December 22, 1948

We are near another Christmas, and our work the past year has been most pleasant. We have accomplished many good deeds. You have advanced beyond our expectations, and all your Guides are very happy for you. Everyone has done much to help, so we feel very grateful that our efforts have produced good.

The Christmas Spirit is everywhere, and many have been helped and made happy. We know the greatest gift is the understandings of the workings of the Power. You have

some knowledge; and as the year passes you will have much to be thankful for. Now we will have our lesson to help others enjoy their Christmas. Yes, there is much to be grateful for.

Tonight we are glad to help many see the Light—the real Light that would make a Christmas tree beautiful.

Tomorrow night you will enjoy the talk on the birth of Jesus. Jesus came to teach us the Truth; and by knowing the Truth you can, as some say, be saved, and that is why they think Jesus can save them. Each one must come to his own realization of the great Presence. Your lessons have given you the Truth. They are plain, so they can be understood. We wish to use them in the class, and we know others can progress quicker by simple lessons.

I will be with you tomorrow and will do all I can to help.

December 26, 1948

In answering your thoughts about Jesus' schooling, you are correct—it does not really matter; the point is to follow His teachings. You realize your lessons are the Truth; and we have proven many points, for which we are grateful.

Now as to the Soul flight. Yes, you saw the green valley and thought it beautiful. In addition to other things on your side, many see the beautiful places; and when asked about them, just say, "We know." (I asked someone about the beautiful valley; and he just said, "We know.") Yet it all seems material, and you do not realize you are away. Yes, that was another flight. You saw many waiting to hear the Truth spoken. You realized some of your own people. Then one seems to travel on and on with no trouble.

Many are here to be healed and to learn of the way to free themselves. Some believe, and some wonder if it can be true, just as it is on your plane of existence. So each one must work out his own way. If they accept the correct teachings, it is to their good; if not now, they will some other time.

Now we will help many who come. Our Power lesson, then the others.

December 27, 1948

Tonight we are grateful to see that you know the Power is ever present to heal.

Dr. Preston will go to see Mr.— and will tell you later what can be done. As the year closes, we find we have accomplished much good. We will keep up the good work, and the class will help many. Your understanding of the Power is improving more and more. Soon we will take up other subjects. You see, when you keep on one subject, it is impressed upon your mind until you *do* know. That will be the same with all the points given. All things will unfold in due time. The most to be grateful for is that you do know the Truth of your lessons given and are learning how to apply them.

Now we will help the many who come. I know you will be most happy to help them find the way.

Now our Power lesson. Many were helped tonight. Much good is accomplished from our side as well as on the earth plane.

Now the New Year will bring a new list of points to be studied.

January 2, 1949

The New Year is to bring much good. As you were reading, just expect good in all your undertakings, and much will be unfolded. We have great things in store for this year, and I know you will enjoy all the lessons. Tonight, as you know, the class is to be helped, and many are anxious to see the Light to heal.

Now our lesson. . . . It was a marvelous demonstration. You were very "high" in your work, we would say. Never fear—I am always near; no harm could ever come to you. It

was just a different experience, for which we are very grateful. It shows you have gained more understanding. Next time you will know it is all right and will enjoy the beauty of the experience.

The Power has been great tonight, and you will help Dr. Russell.

January 3, 1949

Our lesson tonight will be on the ancient teachings. That is why you see these different ones dressed in ancient robes. The ancient teachings are the oldest and provide many Truths and Laws that are not used today. We wish to give you some of these Laws so that you will understand more of what takes place in your sittings.

Now the first is to be still and listen for this voice within. You have heard the voice last night on healing. This Voice is the real you, and can give you all knowledge. We look outside most of the time, but within is this Pearl of Great Price. Now the Egyptians knew how to turn within and listen for the real voice—the ancient teachers, I mean. They taught others, and from them many have learned the Truth of being.

Yes, Tibet is a sacred country, and much Truth is given out from there. Now we will practice turning within, and then we will send out the Power to help. Just be still and lose yourself; do not be frightened if you go away again. Just be still and see what happens.

Each time it seems more beautiful to feel the voice speaking. Yes, dear, you will have many wonderful experiences. It will never harm one so balanced in the Truth. Knowing the Power is present would remove all doubt of any wrong; and remember, we are watching over you and will never let a harmful thought take root. So just be happy in your work, and you will be so glad for all the experiences.

It seems you understood the lesson in the first demonstration; so next time we will give you another point.

January 5, 1949

Our lesson tonight will be on another point from the ancient Laws. You know the first was to turn within. Now try to be very still and listen for the voice to speak; then do as it says.

You may try it now; then we will have the lesson.

The Light was great tonight, and much good has been accomplished. Now think over the lesson, and soon you will know and heal.

January 7, 1949

Our lesson will be on the Law of knowing the Presence is within. You know now this Presence is within and how you use it to help others; now we want to use it to help *you*. So ask for this Light to come forth to help you to see and hear. Expect to see and hear more.

Just practice on yourself for a while and see the wonderful results. Then practice to know your real self; and when you have this knowing, you will be able to do greater things.

Yes, I was near today to give you strength so that you would not be tired tonight. You knew someone was near and heard my answer, but you did not know who it was.

Now I want you to practice for yourself first; then we will have our lesson to help. Just ask for the Power to come forth to help you receive these teachings. Now you understand what I mean. Practice whenever you can find time.

January 9, 1949

We are glad for a quiet day. You have thought many questions for yourself. Now, dear, you are thinking there is just the one Self, and it seems you are turning to the one self, but that is not what takes place. Your real self is there, and you will soon learn to know it knows all; and you will only

have to turn to the one Source of all good for any thing you wish, knowing it will be answered.

The gentleman you saw is here to help you with your demonstration for yourself. Then we will have the lesson. You hear so much that I really do not have to give it to you to write down; but, as you say, if you write it down, you can go back and read the points, for you do not remember all.

The great Soul here tonight is sure I am choosing the right one to receive the lessons. They are not given to many.

January 10, 1949

You are blessed today, for you do perceive the real self. The real self is a part of the Whole and has access to all good. When you ask for good, know the good is there for you to receive. This is the real self turning to the one great Presence, knowing the answer is there; or, to make it plainer, your real self is the God-Presence and knows all, but you will learn the workings as you progress. You know your real self, and that is wonderful.

I will give you the Laws on how the real self operates. You have started on these lessons, and it is amazing how they work for you. Now the third Law is to know you are a part of the great Whole. Now practice knowing this, and you will soon realize what it means.

Here is a treatment for yourself; and then your lesson. With the Light so bright, we have accomplished a great work. So just keep practicing, and you will see the results of faithful work.

January 17, 1949

Our lesson tonight will be on the use of the Power. As you say, it is used the wrong way so much of the time. Now just call to the Power to remove all disturbing thoughts, and you will soon learn you can depend on the Power to



operate in your affairs. Just know whenever you ask that the good will flow to you. It may not be in ways you expect, but it will be good. Now turn to the one Source of all Light to help in our work tonight. You are applying the lessons to great advantage—just a little more knowing you are a part of this great Light. When you really know that, nothing will ever bother you. So practice turning to the one Source for all problems. We are always ready to help, but we want you to know you can ask and receive.

Now tonight we will have our lesson to bless the many who come. First, your treatment; that clears the channel so that Power comes forth freely with no obstructions. Now quiet, please! . . . Yes, we have much to be grateful for. The soldiers went away knowing they can be free, and Alexander was just overwhelmed. You may hear from him again.

Now see what practice accomplishes. The more you turn to the one Presence, the easier it will be to turn there for all problems.

February 13, 1949

You have been studying about the self and the material body. You know the body is a home for the real you to operate. You might say it is spiritual, in a way, for all that keeps it in operation is the spiritual self. It is the grosser spiritual part of all things, for they are God in operation, or vibration. It is only our lack of understanding that makes us not see clearly. Just hold to your views, and all things will clear up. Now our lesson.

February 14, 1949

You are doing fine in your realization of the self within. Soon you will know just how to turn within, without any doubts. Just hold to the one Source and receive your answer. Practice this a little longer, and I will give you another step.

We are grateful for the help given, and we know we use the the Power to help in many ways. Now we will help others who come. The demonstration was one not to be forgotten. You feel much, and I wish you could see the Light.

The Teacher who spoke is one of the ancient Egyptian priests. He sees much good in store. We are most grateful to him for speaking. We helped so many tonight. (The Egyptian Teacher spoke through my voice. His talk was wonderful.)

February 21, 1949

You really deserve a new lesson, but keep on the three points a little longer, and you will hear the voice within. You have made rapid progress, and I know you will accomplish the third one. Last night was marvelous, and many were helped. So tonight we will help all who come. You are grateful the Light comes at your call. We have much to be grateful for.

February 28, 1949

We have something special for tonight. We want to give you a lesson on vibration. As we said before, all is vibration. You know something about that. Now when the Light goes out, it gives out a vibration that is felt in many places where one is studying. So you see, the Light does not end here in your room. When it goes out, it sends out waves or vibrations, and they never cease. The Light will come back in other ways as good. I knew you would be glad. You never know how much good one sitting accomplishes. When you ask for help, the Light is directed to that place, but does not stop; it helps those and vibrates on and on. The same occurs with your thoughts sent out. They are received by someone. So we should send out only good thoughts.

Now we will have our lesson. . . . A wonderful lesson! You will remember.

March 1, 1949

We called to say that we see how you recognized the Presence as ever present and not far off. Now please hold to that in all your thoughts and calls; you will see marvelous results.

Now, as I am here tonight, we will have another lesson on helping yourself and others.

March 7, 1949

We are going to give you some new points. You have demonstrated those already given, so we feel you can study the new ones. The Law, as you know, is to do unto others as you would wish them to do to you. The one new point is to hear and see the good in all whom you meet; or, we would say, to see the God-Presence in everyone. You have practiced that a little; now try to have more confidence that it is the Truth. Especially, see the God-Presence in yourself and give thanks you do know the Power is present.

Now we are going to see how much we can accomplish by knowing the Power is ever present and being grateful for the Power. That, as you perceived, is the one point to accomplish, and you have reached that. We are very grateful.

We have a large class tonight, some to be helped and others to learn. (The Light was marvelous. Many were here. Juana spoke; a friend spoke.) Now we are grateful.

March 8, 9, 11, 13, 14, 1949

There were lessons on practicing the Truths taught and helping the many who come. We accomplish so much work in the silence.

Our lesson tonight will be on the Law of Forgiveness. The old saying, "We reap what we sow," is a Law that cannot be escaped. You do reap what you sow. You may seem not to in this existence, but you will. Only by turning within and

knowing and obeying the Laws does one accomplish their release. That is the only way to forgiveness. Only when one is really ready to leave all behind and start on the right path can we find peace. Never turn backwards; that is a closed book. Only look today, and see if you are thinking and knowing the right for today. Now that is the Law of Happiness. It seems hard at times; but if kept up, it will bring results. Always recognize the Presence within. You have a Friend to turn to for all problems. Turn within and listen for the answer.

Many are watching the writing. Now we will have the Power to help those here.

March 16, 1949

We are grateful you do realize the importance of your lessons and that they are the Truth given out by the High Masters. I was taught by them, and their lessons are what was given me, so I know they are the Truth. They have been proven many times.

We have with us tonight your brother, who wishes to say a few words: "Your lessons they are marvelous. Study all you can. Soon you will know your oneness with the Whole and know you can turn away from the material thinking to the Spiritual. I will stay a while to watch the lesson. The Light is good now, and I know it will come forth with great force to accomplish the good."

Now Juana speaks. I knew you would be glad to receive the message. Now we will help many. Dear one, that is a marvelous way your real self speaks. It is one of your priceless gifts. Prize it. Keep up your good work. Your brother thinks it is marvelous, and you know he knows.

March 20, 1949

You are blessed tonight, for you were listening to the voice from within. Yes, it is marvelous. That is one point

gained. If you have it once, you will have it again. You will receive many instructions that way. Just listen and you will hear. Wait until your brother hears this! He will be so glad for you. You have mastered the first three points. We are very grateful. Now we will explain to the class, and they will know how to turn within.

Now our lesson. . . .

Now, dear, a marvelous demonstration you will not forget. Many Souls in darkness come; that is why it seemed so dark at times. Much good was accomplished. Yes, Bright Star came. He was glad at the progress made and witnessed the help.

March 21, 1949

Our lesson tonight will be on the fourth Law. You have made such rapid progress with the others, we know you will earnestly try to know this one. Now listen closely.

This Presence within is your real self. You know that much now. The real you comes from the one Source of all good. So get it clear in your mind that there is only the *one* of you. This one is the real spiritual self. It does all the work that you think you are doing. Just look to the self at all times. Now the self knows all, and if you learn to turn within, as you did last night, you will find the answers to many questions, for the self knows all. Now practice this for a while and see the results. Make at least one demonstration—that will be number four.

Now we will have a lesson to help others. Yes, you will know the Light helps others; that is another point you will learn. Just now we are grateful for the Light.

March 23, 1949

I was watching the Light as the voice spoke to you. You could see the demonstration. I do wish I had waited to send for your brother, but you did not speak long enough. Now

that is the real you; and the more you listen, the more you will hear. Now, dear, that was fine work on the fourth lesson in the Laws. Keep at it; you will have marvelous results. The Light is wonderful tonight, and we accomplished much good. We have not forgotten how the trance works—that was really good.

I will be with you tomorrow. When you are sitting still, just know the Power is ever present, and I can help many who come but never get a chance to speak. Now we are grateful for the help given.

March 27, 1949

Our most noble guest tonight, you have perceived, is Swami—. He is so grateful to see you are following the teachings he gave, and he is thrilled at the Power which is radiating. So we are very grateful to him for coming.

Now we will have our lesson. There are many here to be helped and many who watch. This has been a glorious night. (Swami— spoke to me in regard to the Power. My brother spoke also; the Gentleman with the curly hair.)

I am so proud of the way you can talk to them. They listen to you, for they can see, and they take courage to try to go higher.

We cannot be grateful enough for this great Presence of all good.

March 30, 1949

A little surprise for you tonight. We have a very noble guest, and he will tell you his name if you do not perceive it before class closes. We have many here to help, and we wish to give out the healing to all. Many are watching the writing; they are learning how to give out the lessons.

This is practice night, you know. Yes, you were correct in naming Dr. White. You sensed him when he was directly in front of you, did you not? That is why the name seemed

correct. We helped many tonight. They went away rejoicing. I will be with you tomorrow night.

April 4, 1949

Our lesson tonight will be on another point. We are going to study these points until we know them and use them. You have done splendidly with the first four, but this one is not so easy. Listen carefully.

After you have turned your thoughts within and have heard the voice speak, ask some questions and listen for the answers. Try that for a while; you will be surprised. You may think at times it is you speaking, but it will be the *real* you.

Now we will have our lesson. Many are here. Now write down the experiences. (The Voice from within spoke to the ones who came to be helped. It was marvelous.)

April 8, 1949

First, I wish to say you made the contact beautifully. You are correct about Jesus' teachings. He never wished to be worshiped. He was a great Teacher, and all loved Him for the Truth He taught; and if everyone would follow His teachings as He gave them, they would be free from strife, worries, ills, etc.

We have many here to receive help. I know you will be seeing more and more. Just lead your friend Mrs.— gently. She will be able to write when she knows the Truth. She will be a great student. She is very positive in her knowing. Now we will help those who are here. Yes, we are glad when the Teachers come. Just keep up the practice of the self. You are doing wonderfully.

April 13, 1949

Now listen closely to what I have to say. You must re-

member you have not reached your present state in a short time. It has taken years of study to "bring you out of the fog," as we would say; so when you think of yourself or of another advancing, know it is an unfoldment of study, practice, and longing to know the Truth.

You will receive greater lessons that will explain all action to you; and that is what you are trying to realize now. It will be unfolded to you. Just practice your lessons as given, and soon you will see things unfolding you did not expect. You are doing wonderfully with the little time you have to study. Many spend all their time and have not advanced as rapidly as you have. Now we have many here to be helped.

Your Teachers and Guides were very much pleased with your work last night. Yes, this is your real self that speaks, which is wonderful. Listen closely, and you can hear yourself speaking to yourself, as there is only the one. Now our lesson. . . . We are grateful for the great Power. The trance was very good; we have not forgotten.

April 15, 1949

You are doing nicely with your questions and answers. You feel the Truth; but, as you say, you slip back, thinking of the material. Now try to keep the thought on the spiritual, also on the way you operate through the physical body. That means much in your work. When you know that the Power comes forth, you will be of help to anyone who asks. Your answers will come from within.

We have several here who wished to make the special trip to help. Now our lesson. . . . You heard the explanation of the different waves of thought. You are very sensitive to the vibrations, which is good.

April 19, 1949

First, let us assure you we will be with you tomorrow night and help in every way. We wish you to have a pleasant



evening, and much good can be accomplished. Now tonight we are grateful you know yourself and how you operate. You see, it takes study and going over your lessons. What you read may not attract your attention until you are ready—then you know.

Let Mrs.— take it slowly. You help in giving her the books to read. Now enjoy your daughters' visit, and do not worry about writing; just turn to the one Presence as often as you can, knowing the Light is present to help. We can do a work on that vibration.

Now our lesson. You were correct in knowing those present, so write the names down for your record.

May 2, 1949

You missed your lessons more than you ever realized you would, but you will receive all of them; none will be left out.

You are doing nicely with the points. Number five needs some more practice, for that is the one which will provide good teachings. Now we will have our lesson.

May 8, 1949

Mother's Day—a very sacred day. We come to bless all mothers and to help by sending out the Light. Many will receive help and will wonder where the help comes from. The Light reaches far and is registered in many places. The ones in those places know where the Light comes from, and many blessings are sent in return. We are grateful to be able to help.

Now I have something to tell you. I see you felt something would come. As I always say, listen closely.

Your prayers have been registered in many places, and many have come to witness the work and help. You saw some tonight. (I saw someone bowing before me, and I wondered why he was doing so.) They bow before the Light and know what it means to witness it. Soon you will realize the real

greatness of the Light. You cannot work as faithfully as you have without good results. Just what will be given, I cannot say just now; but we know it will be for your good. High Souls do not come so often unless they realize something important is taking place. So now just be happy and expect good every minute. Let nothing take the thought of happiness away. You are happy when you are helping.

Now our lesson to help here. . . . You see how great the work is when so many come for help and so many of the noble Souls come to watch. We are always glad to see Dr. Wallace Reed. We know something will take place for the better.

May 11, 1949

I am glad you feel you can turn to me with your questions. I will answer Mrs.— first.

I am sorry she cannot find time to practice more. The voice she hears is a very high Soul, a wonderful Teacher who comes from the plane close to the followers of Jesus. They speak in the language they were taught. If she will listen more, great Truths will be given her.

Now for Mrs.—. She is earnestly seeking the Truth. Tell her to spend more time in meditation on this real self, which is herself and a part of God. The more she meditates on that, great things will unfold. I will give her points to study if she wishes them. She has gained much by reading, but she needs to know her foundation first; and from then on she will make rapid progress. Now tell her that, and we will give her all the help we can if she is ready to receive it.

You do all right with your answers. You will be led to give out the answers that will be best for the time.

Now our lesson.

May 15, 1949

Tonight we are glad to see you have had a quiet day and

have thought over your lessons. You are correct—the Power comes from the one source, and we use it to help others and to help ourselves. No one has a Power of his own. There is only the God-Power. You are blessed to know that and to know you can ask and receive. You can do that with all your problems. The Power is ever present to be used.

Yes, you will have questions asked you tomorrow, but you will have the answers. We are glad to see one in earnest.

Tonight I have with me the great Egyptian Teacher who will witness the work. He is anxious to see the improvement from last time. Yes, we are very grateful for the words of encouragement. The work was beyond expectation. I am very grateful.

May 18, 1949

Our gratitude is great when we see you realize the Truth given out in your lessons. Yes, we wish others had the opportunity to have the lessons given to them.

Our lesson tonight will be on another point. You are doing good with the lessons; they will help. I see it makes you happy to give them to those you know will appreciate them.

Now our sixth Point. You know the voice speaks—I said you *know*—now listen for it to speak to you especially. You will be very glad to hear the message. Practice all of the points, and you will be very glad of the results.

Now our lesson. . . . You saw and heard much tonight. We are grateful, and we know you realize more and more the greatness of the Power and how it comes at your call.

Now keep up your practice and encourage others to do a work. They do not spend as much time as you do, so do not accomplish as much; but they will see the importance of doing their work.

May 22, 1949

I see you are expecting something special tonight. Well,

we will see what takes place. Yes, you heard the great Soul, the Egyptian Teacher, at noon. I know you are happy you can hear now without being quiet. You are doing splendidly. We have a large class, and they are expecting a special night. Now our lesson. . . . "Grateful" does not seem the word. The class received so much good, and they are so anxious to learn more. The I AM voice speaking is just beyond words. I have never witnessed a medium who could let the voice speak as you do. Now write down tonight's work when we are through, for it was a very special one. Your loved ones were very happy.

What took place: First, I sat to receive instructions on the sixth point. The voice within, my real self, spoke. The voice said I must use the Power in all my everyday work and know it is present during the days as well as when I have sittings. Then I started the lesson with Juana. Juana has a large class. He spoke to them through my voice, as some had not seen that demonstration. Dr. Wallace Reed came and spoke through my voice to the class, telling them about the work to be accomplished and that they had the opportunity to learn and help. He spoke beautifully in regard to the work. The most marvelous is the real self speaking through my voice. It speaks in a different way from others. It started with, "I AM, I AM speaking to you, blessing you." It declared that the Power was within each one and asked them to study and bring forth this Power to help.

Juana said it was wonderful. After class closed, I sat a little while for Dr. Russell. Dr. Russell does a different work. He will tell me about it some time.

May 23, 1949

How we try to learn the Truth, when it is so simple! Just know you are spiritual and one with God. That is the base of your teachings. Just know that at all times until you do not question or want any other explanation. You know that is the Truth, for you have had many proofs. All one needs is to know that. Ask and ye shall receive. No matter

what you wish, you will know it is there, or you could not wish. You are doing wonderfully, so let nothing disturb you. Just follow instructions, and everything will unfold in the right time.

You can always know the Truth about anyone; if they are receptive, they are healed. If they are anxious to be healed, that is as if they had some belief that they could be healed. If they did believe in the Power, they would find themselves healed without outside help.

Your Egyptian Teacher is so proud of the way you have accepted the teachings, and you feel him near much of the time. He is the one who said to give you the teachings, the different points. You are doing splendidly with them. Now our lesson.

May 29, 1949

Just keep declaring the Truth, and it will be so established in your consciousness that you will know there is only *one* Power. Nothing else has any power.

We have worked very diligently today to help those who do not know the Truth about themselves and their loved ones; also, to help the ones on our side and to teach them how they can help their loved ones on the earth plane. (May 30 is Decoration Day.)

Your lesson tonight will help many. Just as your Mother said today, we are glad you know the Truth that there is no separation, just the thin veil which may be lifted most any time for you to see.

Now our lesson. . . . Another evening of unsurpassed Light to bless many. (The voice spoke, "There is no death—only Life eternal.")

May 30, 1949

Our lesson tonight is on the Great Presence within. You can reason it out correctly; then why not put it into prac-

tice just as you reasoned it? You are correct—everyone has his place to fill. It is the one Presence, one Life, one Light manifesting through each, but you are channels separate from each other. I see you know the correct answer. The “oneness” many speak of is the use of the one Power.

The saying, “I and My Father are one,” means that they are one in quality, for the Life of each one is this one Presence. You are a very separate individual, filling your place, and no one else can take it or fill it, for each one is different. It is the one Power, but used in different ways. Now just think along these lines, and you will find you know it to be the Truth.

Now our lesson. . . . Colonel Walden says that as yet you do not realize the greatness of the work because you do not see the good accomplished. We will work on the Power to see more; then I know you will know how wonderful the work is. We accomplish so much good.

You hear, feel, and see at times; but we want you to see more, so we will help you.

June 1-22, 1949

Always expect the good. Just know the God-Presence is capable of adjusting things which seem out of order. You will find help in the one Presence.

A few points from the June lessons—the time was given to working and helping many.

Not everyone can receive writing. I know you are very grateful for the many blessings you have received. Tonight we wish to say the real self is becoming more real to you. You do not doubt—you just *know*. So keep up the work on the sixth point. Much good will unfold soon.

We are glad to tell you Irene landed safely in Ireland today. She is very happy to be “on the ground,” as she says. It is a little shaky unless you put your trust in the unseen and know you will be protected. You have many good thoughts that help many. You are so very tolerant of others’

views. You know just how you studied to reach the point you have arrived at.

Tonight, of all nights, we are grateful for your happiness. You know this great self and know your son and daughter are two great persons sent to earth to do a work. You may not always see the good done, but many can do a work with their good thoughts and kind words to others.

Thomas may seem a little harsh at times—that is a man for you—but his thoughts are deep and good. So you see, you have so much to be grateful for besides your lessons; and the more you recognize their good, the more good can flow to them.

We wish to dedicate your little room to our cause. We can come in the daytime to do our work and planning. Much good will radiate from the little room, for only Love will find its way here.

You are doing fine with your points; soon we will give you other studies. Tonight we will be working to give you instructions. So if you sense something different let me know. Yes, there are many who would appreciate the lessons if they could receive them. The ones that come are grateful for the opportunity to learn.

June 24, 1949

We are here to give you a lesson on Power within and how to use it to develop other phases of mediumship. Now you know the Power can come forth at your call; as you say, it should be used to help yourself and others. First, when you ask for someone to be helped, you know the Power is present to help or you could not ask. The same applies to yourself. When you ask for the Power to remove all thoughts of discord, just know it will do that for you, for the Power is present.

Now we will have our lesson. Never imagine we do not do a work; for with the Power so great, much can be accomplished.

June 27, 1949

Our visitors tonight are a little amazed at the Light. You see it is very great now. I know we will have a wonderful class tonight.

Many nobles ones are here to see the work and its progress on both sides. We are doing much here, and I know you feel the lessons are doing good to others as well.

It seems we have some questions to answer. So we had better do that before the class starts. As to asking for material things, it is all right to ask for that which you need and which would be of help to yourself and others, but not to ask just to have things. It is right to have sufficient, but not to hoard. When one knows the Truth, they will find they have all they need. They would not have to budget; the money would be there for their needs.

You always think up some questions. Now what happens when one goes to sleep? The Power, or your real self using the Power, works in different ways. You can pour out more Light or take the Power away. You really just leave the body and keep a thin cord nearby. Sometime I will explain it more simply.

Now our lesson.

July 5, 1949

We are glad you see what is needed to demonstrate the Truth. Yes, you need more confidence in yourself to do a work. I am sure it will come, if not all at once; you will know the Power is ever present to answer your call. We did much good last night. You see, you help more than you realize; and when you really know the Power is present and ask for healing, you will know your call is answered. So just practice a little more, and soon it will come naturally. So many come to tell of their troubles, but the Power is ever present to help. Give thanks that your call will be answered. Just re-



member, never doubt. You cannot make a call unless it is recorded.

We are going to talk on these lines tonight, so now that we have discussed the subject, I feel you know just what to do.

Now our lesson. We are grateful for the great demonstration of the Light and Power. When one recognizes the Light ever present, much good can be accomplished.

July 10, 1949

Our work tonight will be for the enlightenment of the class. Many new ones are here and wish to see all. They are watching the writing and wondering how you accomplish it. It looks so easy, but it takes study to reach this point. You had years of study before you knew you could write. I do not think it would take so long if one had lessons made easy from the beginning. That is what we have done.

Now we will have the lesson. . . . Don't you think we had a wonderful demonstration tonight? You were correct in mentioning the names. It always makes them smile. Colonel Walden did not know what to say. I think he had tears in his eyes as he turned away in solemn meditation. (Master Christensen spoke; then Juana spoke to the class to show them the work. The voice from within spoke so wonderfully.)

July 11, 1949

Tonight we are going to give you a lesson on what you sometimes think are "dreams." You never dream, for you are never asleep. You see that? But what you think are dreams are from the past or you are helping others to overcome something.

The lost purse is the loss of the idea that your supply is material. So when you dream of a lost purse, it is that you

have realized your supply is from the one Source. You dreamed you went to the bank, so now you will go to attend to business you never expected. (I did.) As you go to sleep ask for the good to manifest in your travels, for you go away to strange places while the body rests. Now I think you understand something of dreams; and Soul flight is when you go places and remember them. Remember, you are always doing a work. You may find yourself in unpleasant places, it may seem, but that would only mean working with unpleasant thoughts. So one goes on doing work to help many—some pleasant, some not so pleasant.

Many things we will explain to you as your understanding unfolds. You will ask when the time is right. Now our lesson.

July 19, 1949

Tonight we wish to say we are grateful for your confidence in us, for you ask for help never doubting but that it will be given. If more had the same faith, there would be much accomplished.

We have a very special message for you tonight. First, you do hear your Tibetan Teacher. We want you to know that you do hear more than you realize. He thinks you need a little help, as the negative thoughts are not under control as yet. Just reverse every negative thought that tries to enter. Now try to listen often; I am sure you can hear the Master again, for he can use the Power to let you hear. You are very fortunate in having such a wonderful Teacher to come to you.

You are dwelling on the passing of another too much. Just know they will be taken care of and will be much happier there than here. We love to see you happy so that a great work can be accomplished. When you think in that way, I know you will say you cannot afford to feel any other way but happy and free.

Now our lesson. You have to work to accomplish any-

thing. We have much to be grateful for. You never ask but the Power comes forth. What a blessing! Rejoice and be glad that so many are helped.

July 25, 1949

When you expect good, it always manifests itself. Tonight is our lesson night. We have arranged to give you something special. First, you do realize now without a doubt that the Power comes forth and is there to be used to help in many ways. Now we will have a new way to use the Power. Write just as I say; do not wonder just what it will be like. When you call the Power to come forth, say, "Divine Presence, we know the Power is to be used to help all who come and not to be used for anything but good. Now, Thou Mighty Presence, we are grateful for the Power and wish only good to be accomplished." I think you will remember it tonight; if not, we will, and will see that only good is accomplished. We know that if Light is sent out with the request to accomplish only good, it will do just that.

Now we will help those who come. They are watching the writing, and that is why I am talking longer. They just cannot figure out how you receive the impressions so rapidly. We are very grateful for all we have accomplished.

August 4, 1949

Yes, our hearts are filled with gratitude for the help that has been given us to help others. You want to know how to keep disturbing thoughts out? The only way is to just say, "No, you have no place in my world." Just put in its place a thought of Love, or any good thought you think of, and soon you will find disturbing thoughts will not have any effect. They will slip away.

As many see the Light and are coming, we will do a work to help.

August 7, 1949

If I should say someone wishes to dictate tonight, would you be upset? One of the students wishes to try to dictate the lesson while others watch. Now see if you can receive his message.

"My dear friend, you do receive so rapidly that I know I can dictate. My name is Tom Williams, and I am one of the soldier boys you have seen coming to class. I am progressing too, and hope soon to be able to help many. I am grateful to you for receiving my message. Thank you."

Now that was splendid work for both of you, the sending and the receiving. We are grateful for the Light tonight; it is marvelous. We will do much good. You saw much, and that shows you are advancing. The voice is marvelous to speak to the students. They are very grateful. Now learn to have the voice speak for yourself.

August 8, 1949

We are here to help you solve all problems and answer all questions. As you say, some dwell on the qualities or ideas; but we teach from the viewpoint that God is All, and this Allness contains all ideas or qualities. Now the Power that comes forth is the action of God; and, as you say, in the Power is all one needs to have. Knowing how to use the Power is to use many qualities or ideas. You are using the Power to manifest all qualities, good or bad. One has to learn he is using the Power of God at all times. When you know the Power is present, and know it acts at your request, you have your foundation. Knowing the call opens the door for the Power to come through.

Perhaps you can say a few words that will help Mrs.—to reach the correct path. She works from a different angle, one would say. It will help her, but it is doing a thing backwards.

Now remember your perceptions are nearly correct, so turn within and you will find your answer, just as you did tonight. You found you were correct.

Now our lesson. I am glad that many receive their freedom. You know how it feels to be free. You are studying correctly, so just keep up the good work.

August 12, 1949

Yes, we have something special tonight. So many are hearing of our class, they ask to come. We have many here tonight, those who are really interested in knowing the Truth. As you say, it is a pleasure to help those who really wish to know the Truth. Some may speak tonight. We will see. We will have the lesson. All will be well; the Light is coming with great force.

We did our work with ease and many were surprised and glad they had the opportunity to attend the class. I do not think we will ever want to give up this work, for we help so many. There are just as many here that need help as on your side. You will be able to see more; then you will enjoy the work more, if possible.

August 22, 1949

Our lesson tonight will be a review. First, know you are not separated from God. Second, know who God is. The Power that comes forth is the Power of God and is used to help many.

We know God is All, and that includes everything seen and unseen. We learn how to use the Power to help others, then to help ourselves. See the God-Presence in all whom you meet. We will practice knowing these points for a while. So many need the real foundation.

Now study your lessons and you will find much good unfolding. We have to study to learn, so keep up the good work.

August 23, 1949

Your solution of the Mind in operation is correct. There is only the self that is a part of God and uses the Mind to do all the work. In working on the material plane, you may say it is the outer mind working, or the real self working in the material world. When you turn to the one Source of all good for help, you are recognizing Power and working on a spiritual plane, leaving the day's work behind. It is finished; the time to work is *now*. You see what I mean?

August 29, 1949

We have a special message for you tonight. Your Tibetan Teacher says you have accomplished so much, and he is very proud of your work. He is always ready to help at all times. Your lessons are the Truth. Just follow instructions, and much good will unfold.

Now your brother wishes to say a few words: "Dear sister, I promised to write tonight, so I wish to say a few words. You know this is your birthday, and you are learning to look to the one Source of all Light, which really means a New Birth or a new birthday. We are very proud of your work and grateful to Juana for the Truth given. God bless you always."

Now your Egyptian Teacher wishes to say a few words: "Dear child, your earnest application to your lessons has met the approval of many high Teachers, and they all wish to help in any way they can, help you gain your New Birth. You will feel like a new person when you fully realize your real self."

Dr. Wallace Reed spoke, saying, "We are celebrating your birthday—not as you would, but for the progress you have made. We are proud of you and will do much to help."

September 19, 1949

I see you have a little thought that you do not get. As

you say, there is only the one self and you are a part of that self. Your real self is a part of the great Self, or Whole. Now when we ask you to turn to the self within, we mean for you to turn thought to the High Self, which is God; then listen for the voice, and you will hear. Yes, we wanted you to write it down so that you would not forget it. You know it is not the little you turning to your real self and listening, it is the real self always operating as a channel to let the good flow.

You operate through a physical body on the earth plane; and when you turn to the one Source, you operate in the spiritual. I think you understand it now. It seems clear to you; you do not seem confused about it.

Tonight we will have a lesson to help all who come.

October 12, 1949

Now the house you occupy must be kept in order; and you can do that by sending the Power to every part every day. Learn to use the Power, and then never allow a sick thought to take root. Keep pouring in the Power, and all discord will vanish. We will help you until you see that your affirmations do work.

Sickness has no power; only the acceptance you give it. Just deny it has any power. Do as I say, you will be free.

Now there are many here to be helped.

December 4, 1949

You have been reviewing your spiritual progress and find yourself grateful that you have advanced thus far. More will be given for which you will be grateful. You will realize more your oneness with the Source of all good, which is God. We know God by realizing the greatness of the Light and Power sent forth.

Yes, I can think of God as personal in just the way you were reading this morning. It seems more real to turn to a personal Father, the Source of all good, and to ask knowing

one's calls are answered. We do not try to picture a human, but we can speak spiritually. You will understand that more when you realize your spiritual self.

Tonight we are here to welcome many who, like yourself, wish to know more of the God-Power. So we will teach those present.

December 7, 1949

You are doing splendidly with your knowledge that the Presence is ever present; and you can turn to this Presence and ask for all good, receiving the Power to help in many ways. Tonight we had planned to give you a lesson on knowing, but I think you got ahead of us and have worked it out yourself.

Now, dear, you are correct; but until you do know the real self, ask for help. Jesus knew, and He gave thanks for this knowing. You have a feeling you have something you should recognize; it is this knowing; and the oftener you go over this thought, the more you will recognize it as true. Then you will always be grateful that you do know. It is one point to gain; and I am grateful you perceive that.

Now we will help all who come.

December 14, 1949

Our lesson tonight will be on the Presence within—a little review, we would say. Others will see and learn too. You seem to know just how the real you operates. First, the real you turns to the one great Source of all for what you wish; then give thanks you know your request will be answered if you ask for the good for yourself and others. Now that is the way to work; and as you turn to the one Source of all good, you will receive many blessings.

Yes, I know your Egyptian Teacher will be glad you have the sixth point. Feel certain you are correct. Now just try to use it more in all your work.



Now we will work for the class. . . . We have experienced a great work tonight. The gentleman was convinced the work is what we say. See, we have to prove it to others on our side, just as you do on your side. We are grateful we can get them to see that all is as we represent it.

December 17, 1949

Now do not scold yourself too much, for you have never really used the Power to help yourself. You have always thought of helping others. Now practice some for yourself, for you know the real you and how you operate, and you have the Power to see better. Now hold to that, and soon you will be free. You are the only one who keeps your body in order. The real self operates through the material. At times you are doing a silent work, which keeps all in order. You see what I mean? (Yes.)

So you have the Power to see only good manifest at all times and for all people. Now we will give you a treatment and help those who come. It does not take long to be in trance. We have been given many blessings, and I know we shall have the opportunity to give them to others. We are grateful for the Light.

December 27, 1949

Our lesson tonight is on the Presence within—your real self. You know your real self is perfect; now try to find time to meditate on this more and more. You can do this any time of the day or when you are awake at night. The Power is ever flowing to correct all seeming discords. God as Good is present, knowing that you are free.

Now we will help those here. . . . You never forget all the good accomplished. The gentleman will come again to learn more. If only one returns, much has been accomplished.

December 28, 1949

We are here tonight in great numbers. So many have heard of the work that they have told others and have brought many with them—some to be healed, some to be taught. So we will do all we can to help. Listen—I know you can hear them ask questions.

Now our lesson. I am sure no one was disappointed. We helped many, and so many seemed happier, knowing there was a way to reach their dear ones on the earth. You know many stay around the earth plane, thinking that if they leave they cannot return. So we are teaching them the Truth, and they go away happy. Now we are grateful for a night of great help and Power.

(The voice within spoke, which is always marvelous. Then a gentleman spoke through my voice. Juana spoke to the class.)

January 3, 1950

Tonight you may be grateful, for you have your real foundation. You know just how to operate. You know the real self is a part of the Whole, and you can ask and receive instructions from the one great Source. That is the sixth point, and I know your Egyptian Teacher will be pleased. You have all the Knowledge, all the Power, all the Light to turn to; and as you turn to this one Source, you will be very happy you are doing this with the knowledge that you have your foundation. We can help more and more, knowing the Light is ever present to be used for the good of all.

Now to help many more. . . . So much good has been accomplished tonight. It is wonderful to hear you speak to the dear ones who are seeking the Truth. They take heart and are anxious to study. I can see just how grateful you are. No, you will never lose the points you gave; you may not think of them so often, but you will know them when you

need them. I think, if you could have heard yourself speak, you would realize the points you know. So there is much to be grateful for.

January 5, 1950

We are glad to have a quiet evening to think over and study our points. Yes, we do good at the seance, and we can do good here too. All who come will be helped.

Now you were thinking of the self turning to the one Source for all knowledge and listening for the voice to answer. Dear, that is just the way it works. It may be an Angel voice that answers; in any case, it would be the voice within.

When you know the real self is a part of the great Whole, you will find knowledge will come to you just when you stop to think out some question you wish answered. Now you have the real foundation; and you can work from there.

Yes, we are always busy doing good. We have much work given us to accomplish; then we study to learn ways to give out the Truth so that it can be received easily.

First, we will have our trance, for I think Rajah K. will be coming again soon, and we would like to make the demonstration. We will help all who come. We had a good trance and helped many.

January 11, 1950

Now a word to Mrs.—. Tell her I will impress her how to think about the situation. She thinks she wants freedom from the routine of everyday work, when it is this Power pressing forward to remove all material thinking and to establish this higher knowledge which is what the self really wishes. Now if she will listen often enough for the voice within, she will find her answer. You cannot turn to the one Source of all good and expect an answer if you just study at

different times; you must study just as if you were going to school. Do your homework every night.

Mrs.— has been a spiritual person from childhood; that is why she rebels at things that seem to retard her unfoldment. Tell her to have more patience and to keep up her work—I mean patience in time to unfold all good. The Power is ready to be released, but she does not have enough time to give to the spiritual work; that is what makes her work seem unattractive. The peace of the home means peace within; and she feels that when she is at home, where all is quiet, she can think unmolested. Tell her to turn to the one Source of all good, and I know she will find peace. And she will find in that peace her freedom. She has great spiritual Power, and when she learns to use it, she will be a great help to the world. We will help her, and I know she will soon see improvement. I would give her a message any time.

Now we will have our lesson and help the many who come for help.

March 21, 1950

Tonight we see you can turn within and hear your real self. You may think it is your material self listening, but it is your *only* self, the real you. You know you can speak to yourself and answer; that is just what takes place, and it is the sixth point complete. I know you are grateful. See how much easier it is for you to hear.

Now we will help all who are here. The Light is always ready to come forth. It seems the channel is open more at some times than at others.

April 24, 1950

Our lesson tonight is to be on the Love of God. You know something of this Love, know it does come forth to help, to heal, to cheer the sad. Now always know the Love of God is

ever present to adjust all things for the good of all. Whatever takes place will be for the best; just hold to that thought. When you know this God-Love is present for others, it will help them to adjust themselves. This God-Love manifests itself in many ways, giving all one needs when one turns to the one Source.

Now dwell on the Love of God, and you will find much happiness.

September 7, 1950

You are correct about God's Angels. They have made the complete demonstration; and also, as you thought, some of them have never experienced the earth life. Thus it is easier for them to help others. They have much work to do and are always so glad and willing to help. When you make a call to the Presence, there are always Ones who answer. Some day you will witness the work.

Tonight we will help all we can. . . . We did splendid work tonight. We are very grateful for the Light which comes through with so much force. The radiation from the Light can be seen afar, I am told, and for that I am very grateful.

April 5, 1951

You are a part of the great Whole; but until you do understand and know that, and operate from that point, you have to study. Always turn to the one Source for Wisdom and Knowledge. You are expressing this God-Presence every day. You are never separated from this one great Presence.

The voice you hear is a voice from within teaching you. When we say "within," we know the voice comes from someone higher than we are, or, as we would say, from one of God's Angels. Your real self speaks also—that is the voice that

speaks to the class. Now we will have our lesson to help all who come.

April 11, 1951

When I am speaking to you, it is an impression from the outside, I would say. The voice you hear is from the one Source of Light, which comes from within. I see you understand. It is all through use of the Power, but in different ways. We use the Power to help others in the class.

Tonight we are grateful you do feel the importance of knowing just how the Power operates. Your Egyptian Teacher is present, just as you felt, and he is very glad you see the difference in the working and use of the Power.

The Light was splendid tonight, and we helped many. We were very grateful to the great Egyptian Teacher for his words of kindness and blessing.

April 13, 1951

In your realization of your oneness with the great Light you will find many qualities, and the feeling is one which seems best to demonstrate to you. Either you are expressing the good, or otherwise. It will show you are thinking in the right way.

May 18, 1951

I am glad you wish to know just what takes place. Now, when you turn to this one great Source of all knowledge, your wish is registered at once in the higher Halls of Learning and someone is sent to answer you. It is otherwise when you ask us for help; you are on a different vibration. You will understand all as you progress.

You are correct in saying that all there is to you is this God-Presence, and you should have all knowledge. That is

correct, but you have to learn that; and until you do, you must ask for help to solve things.

May 24, 1951

All material things come from the one Source; they are to be used to provide happiness in the right way. All precious things are from the one Source and are given to us to enjoy. Nothing is withheld when one asks for good.

May 26, 1951

As we journey along life's pathway, we have many experiences. Some are pleasant, and some not so pleasant; but as we overcome the unpleasant ones, we are expressing more of this great God-Love.

So many things take place, but we should remember only the good.

May 29, 1951

Yes, you travel through places which are reproductions of one's thoughts and actions. You can look down the dark pits now, rise above them, and go on to higher and more beautiful thoughts. As you know, thoughts are "things," as one Teacher says. So I am glad you thought of it in that way. The student will be so pleased when I tell him. I hope some day that you will see this kind of work.

June 26, 1951

The knowledge of the Presence as your Life is the highest. You have a good understanding of this knowledge. You know the God-Power comes forth as you ask, and you will know it is ever present at all times. You will help many who come into your office by knowing the Truth—that the God-Power is ever present to heal.

September 18, 1951

In our lesson tonight we will take up the knowledge that the Presence is ever present to heal. No, one does not need to place one's hands on a person; all we need to do is know and feel the Power ever present to heal. That is your work. How the healing takes place is another work.

Now that releases the responsibility of thinking one has to do the healing. Just know the God-Presence is All and ever present.

September 25, 1951

The saying, "Many are chosen but few enter in," that is the same as saying that the Truth is given out to many but they fail to realize it for themselves. Now you are realizing more and more your oneness with the great Presence.

With so little time to work, you have accomplished much. You realize the Power is present to be used to help others; and you know, if you turn and ask for help, you will receive your answer. Just know it for yourself at all times; and when you know it without a doubt, you can know it for others. You can see just how far they are on the path.

September 29, 1951

You are spiritual, as you say, and operate through a material body. Now as to how you operate, that is a great lesson.

Yes, your spiritual self is outside and can penetrate every part of the material body. The Soul is the part of you that is a part of God; and it is given you to be a channel through which the Spirit operates. Now the Soul is, we would say, this real self, or you. The Soul is above the physical and operates through Spirit, which is connected with the material body. As I said last night, you operate in three ways. One on the material plane, which would be to enter the physical body; one to think on the spiritual; and one to work from the point of



the real self, which is the All in All. As I said, the body is a gift, or home, while you are here, and you can enter it at will, just as you do in your own home; but you must keep the Light burning so that you can know the path is open. The Soul uses the Power to operate. Just say over and over: I am this God-Light, I am spiritual.

Spirit is the Power used to do the work for you. So Spirit is ever present in the form of Light. I think you will not get confused now. It is the way you think. Only know the Power can enter the body any place.

January 11, 1952

Our lesson is to know all is God in action; this includes all people and things. There could not be anything unless the Life were in action. You know that. You know you are this Life in action, and we must see every one and all things as such. Then you are doing a work.

If you see discordant action, it is your duty to declare the Truth—that the Power of God in action brings Health and Happiness. Just know that for yourself and others. Such knowing removes any thought of sickness; for sickness *seems* real, but if real it could not be healed. So just put the Light of good in the place where discord seems to be.

January 23, 1952

It is really marvelous how you read other teachings, gather the good, and dismiss what you think not necessary. One so thoroughly in accord with the Truth can read any teaching and take the good.

April 14, 1952

You are all God is, but not quantitatively. There are many and many things which make up the great quantity called God. So there is one Source from which all flows, or

all are in the one Source; no one is out of the great Plan. You seem to be separate beings, but you are channels for this God-Presence to act, so the channel has to be connected with the Source. You know all this; but, you see, you must *recognize* this, and then you will not have to wonder if you are thinking rightly.

April 16, 1952

Many are the battles won in Truth. When people overcome some difficulty, they feel they have won a battle. One does not have to work hard to know the Truth. You dwell on statements of Truth until you know them to be fact.

In many kinds of teachings you will find a thread of Truth. So always look for that thread when you read or hear someone else's beliefs. We must see the Truth at all times. Know the Power is present to provide Health and Strength. Give thanks we do know that.

Our class tonight is composed of many different persons, and we will help them to see a demonstration on one point at least of the Power to help others.

Now a silent lesson for you. . . . We did a good work. (The voice from a high Soul spoke to the class.)

May 3, 1952

Many are the blessings of Truth. You ask for good only, knowing only good can come in your world. Know the Power is present to heal. Just know these Truths. Go over and over them every day until you know without having to think about it. You know two and two are four—you never doubt; you do not have to say it over and over to remember it. You just *know*. The Power is present to heal, and you know that, but you do not have quite enough confidence to help yourself. You know the Power comes forth to be used for good; now know it will come forth to heal your body of any annoyance. You do not do the healing; you only have

to acknowledge the presence of the Power to heal. The Laws, or God's plans, do the work. Just keep at it, knowing the requests will be answered.

July 15, 16, 1952

What a blessing to know your oneness with this great Presence! You have access to all good. Try to realize this more and more. At times you reach the realization, then slip back to the material way. Know the Truth for yourself.

Many would be glad to receive the Power as you do. (I am grateful, but I do wish I understood it more.) Well, it takes practice every day, knowing you have the Power to help yourself in all things.

August 2, 1952

In our study of the Soul we find a wide difference of opinion on the physical plane. One must learn the truth about the soul, and then one can begin to see the opportunity we have to use the Power.

You *are* the Great Self in action. Just dwell on that until you do know. There are many ways you can convince yourself of the Truth. Just know this very life you manifest comes through your real self and enters the physical plane. On the spiritual plane you just operate from the one point.

Now our lesson, and to see what we will take up. You know that when you sleep, your body rests; then you can help many. You will learn you have control of the body—that is, when you know your real self in operation. Just picture in thought all the points, and soon it will become very clear to you. We are grateful for the Light tonight; much good will be accomplished.

August 5–12, 1952

Many are the ways to ask for help. We have chosen the one we feel gives the best results, one that has been tried

for many years and has never failed. As we turn to this one Great Presence and ask for the Light to come forth, it does just that, and I wish you could see the Light. I know you would then have more faith in your work to help others and yourself. Just as you are thinking, the Power comes forth, and it is used to help many or yourself.

You call the Power forth—that is all you have to do. State what you wish accomplished, and it will do that for you. Just have perfect confidence; it will heal.

August 20, 1952

Tonight we will do a very special work. The Power is coming through now. Well, I should say more, for the Light is ever present.

Tell Mrs.— she knows the Truth, and ask her not to make it hard for herself. Just knowing the Power is ever present will dispel any discord. It is just as when you turn a light on in the room, the darkness disappears. We do not give names to seeming discordant conditions, for we know they have no power. So we only look for perfection.

If all would look away from seeming problems, the problems would have no power. So do not try to find a cause, you are then giving it too much attention. I know people wish to know why; but when you dwell on unpleasant conditions, you are not putting your attention on the good. Only by recognizing the good at all times is one free.

August 29, 1952

Now listen closely, as I am going to give you some instructions which I know you will follow. You have the knowledge of how your real self operates, and it is the same for everyone. That is one point you must acknowledge at all times, no matter what the outside seems. The Truth must be acknowledged. First, you realize the life of each one is the presence of this great God-Presence. Second, no one is ever separated from this Presence. As you dwell on these points,

they will become clear to you; and when you make a statement of Truth, you will know you are speaking the Truth; and when the Truth is spoken in this way, it accomplishes much.

The same applies to the healing work. You know the Power is present to heal; and when you say or think that, just know it does. You know now how the work is done, but you must know it *can* be accomplished. The great work we are to do will require earnest faith on these points. You do not doubt the Power comes forth, so know the work can be accomplished.

Now our lesson; then we will enter into our new work. I will instruct you on what to do. You will understand more as we progress.

September 17, 1952

I see you get a little tangled up on the spiritual self. You know now you are spiritual but operate through a physical body. Now as to the form of your spiritual self, you know it could not be physical, as it then could not operate through a physical body. Spirit is a white Light, and you take what form you wish on this side. Of course, on the earth plane you have to operate through the physical body given.

It all seems strange at times, but soon one learns the real self from this side of life.

September 26, 1952

In our study of the Truth we find many ways to prove to oneself we are studying in the right way. When we feel we are studying in the right way, we are satisfied and have a sense of peace.

October 4, 1952

When we acknowledge the presence of the Power, we are in tune with the infinite and much good can be accomplished.

You see the Light and know it is present; that is one of your blessings.

November 11, 1952

You would be surprised if I explained how much of the Truth you know. It is during these quiet moments that the most good is accomplished. That is why we like the silent work most. You will soon see the good accomplished, and then you will be very happy. Material praise is nice to receive, but knowing the Truth is what one wishes most. We are here to give the Truth out, and I do say we do a great work every night.

May 16, 1953

Now listen closely and you will hear a special message from one of the high Master Teachers.

"Dear child, we are very proud of your work and have brought it to the attention of many Teachers. They wish to invite students to see the work. Juana will arrange the time. You do not realize the importance of this work and wish you could be doing more healing. There is not an evening but what you help to heal many. So you see, you are doing a great work. My child, it is no trouble for you to receive your lessons. Now what a gift that is! One more thing—as Juana told you, there is to be another phase of mediumship added to your list. I give you my blessing, and I see greater and greater work being accomplished. I will stay a while to watch the work."

This is Juana. We have so much to be grateful for! Now our lesson, as many are waiting for the Light. . . .

"Wonderful evening, my child! This is the Friend talking. It is just amazing, the good accomplished. Again I give you my blessing."

June 11, 1953

Strength, as you know, is from the one Source and must be acknowledged and used in the right way. The body is an

instrument for the Power to be demonstrated and must be given proper treatment. It wears out, just like any other machinery. It keeps constantly knowing the self to give strength to the body.

Yes, people can stay on the earth plane many years; but, as I say, it takes the knowledge of who they are and how they operate. There are cases of persons living very long. Many Indians do, but they recognize the great Spirit as ever present.

I saw you were thinking these points over in your mind. for you do not want to admit you are tired. A good rest, and you will not feel that way. But as I said, it takes study. So why not take a long rest and study? You have plenty to keep you while on the earth plane.

My, here we are having quite a talk! Others are enjoying how fast you receive the impressions. Tonight we have a special work.

August 9, 1953

In our study we find many who differ from our point of view. We teach the highest, for our lessons are from the great Masters who have studied many years seeking the Truth so that it may be given out for others to understand.

December 21, 1953

Tonight our lesson is on the acceptance of good. I see you have been thinking just how one knows how to accept good before it comes. You accept every good before you use it. Your very life, as your breath, you accept every minute. You have been so used to breathing that you just accept without an effort. Many good things are accepted in the same way. You accept the Power that comes forth, for you feel it. But you must learn that all good is present to be accepted. You do that by using your lessons. Soon you find that you accept what is given. Now you will have some idea of acceptance. Tonight we will accept the Power to help many. You see what I mean. Now your lesson.

June 13, 1954

This beautiful Sunday Morning is one for rejoicing, for much has been done towards bringing peace to a troubled world. Many want peace but do not know how to turn to the one Source of all peace. We have done much to help people do just that. If all could know that peace is ever present, the troubled world would find it. Each one must find peace. You have done much to help others as well as yourself.

July 4, 1954

Independence Day—what it means to the real self! Learn to be free from all wrong thinking and acting; learn the Truth; see the Christ-Presence in everyone. By doing just that, one finds freedom.

July 18, 1954

As the day draws near for you to have more time for your spiritual work, you will find you are to be very happy and contented, knowing you can depend on the unseen Presence for all good. You will be a blessing to many. This morning we give thanks for the work in the past, and we know we will be able to do even greater work. We have much laid out for us, and I know all good can be accomplished.

## SUNDAY MORNING LESSONS

By Jennie

March 12, 1950

This is Jennie, dear. I thought we could write Sunday morning without having it interfere with your other work. What I have to give I know will be a help to many.

This great Presence which governs all people and things is the Source of everything; and when you know that, every-



thing seems simple to you. First, to know that you have to leave behind all other teachings and say over and over, I do know I am one with this Great Presence, until it becomes a fact to you. You know all this, but I am making it very plain so that others may use it. As we use this Power to help ourselves and others, we achieve oneness with the Whole. When God made female and male, he made all; and we are all from everlasting to everlasting. You were always yourself, and you will always be so. Now this is one lesson to be thought over and studied. I will give another soon.

March 19, 1950

The Truth of the real self is the most important lesson one can study. As our lessons progress, I will explain just how you learn your real self. This God-Presence—your very Life—is all there is to you; and your real self is the Presence in action. Now just take a simple lesson like this and go over and over the words until you do realize the Truth. I will come again.

March 26, 1950

We are speaking of the real self, the Light of God. When you sit with your thought on your forehead and know the Light is ever present, you will soon feel the Power and see the Light; and when you learn your real self, you will be able to help others know the real self. Now practice these easy lessons, and you will soon feel the good they will bestow.

April 2, 1950

Today being Palm Sunday, we will say we are grateful to know so many turn to the Christ Spirit to realize there is a Power that will help in all their affairs.

If they could only know that Jesus taught there is no

death, only eternal Life! All may know that and be governed by that knowing. What Jesus did, we can do also; that was His wish.

When all learn to know themselves, then they can realize more of what Jesus was giving them—the Truth not only about the self but about everything. When you realize you are spiritual and not material, you will see how the great Truth operates. These lessons will bless many.

April 9, 1950

Easter morning is a morning of triumph, a realization there is no death. Jesus made the demonstration, and many have made the same; but the world is not ready to believe yet. Just knowing Life is continuous is a great blessing.

Know Life is ever present, and in Life is all Good, all Love, all Health, all Strength. When we know that, we will be free.

April 16, 1950

Gratitude is a wonderful gift. That one can be grateful even in sorrow is a blessing. You will have many blessings come to you, and we know you wish to help all you can. God's love is flowing at all times, and we accept this Love in many ways. So we are grateful we do know we are one with this great Presence. Just sing blessings to the one Presence, and one cannot help having a glad heart.

April 23, 1950

This bright day we rejoice to know the Power is ever present to be used for good only. The one self of each one is this great Power manifesting itself through the Source. When you begin to realize that, you can turn to this one Power for your help in every situation. Just say over and

over; God-Power is ever present, and I can use it to help myself and others. We are all one with this great Power, but we must learn that before we can help ourselves and others.

April 30, 1950

Our Light which comes from the one Source of all Light is to be praised and acknowledged at all times in all our everyday work. Always realize it is the Power doing the work, and then the work will be made easier. That is what the Bible means when it says, "Acknowledge Him in all thy ways." The lessons are purposely made short so that they can be studied easily.

May 7, 1950

Today our lesson will unfold the greatness of turning to this Power for help. If someone gave you a great sum of money, you would think it a great blessing. God gives you health, sight, power to move, intelligence, and yet we do not stop to think on these great gifts.

Now make a list of your gifts and see if money could buy them; then give thanks for what you have and be receptive to all good, for the more you turn to the one Source, the more you receive.

May 14, 1950

Mother's Day is one to be proud of. A mother's life is so precious, and God's love is the same for each. God pours out His Love, and it is ours to accept or reject. We do not always understand this, and that is why we sometimes do not accept. Just try to realize God is pouring out Love at all times and nothing but Love. God does not send sickness or any other discord. Now learn to accept this God-Love and give thanks.

Your very Life is a gift of God. Think on this.

May 21, 1950

Our lesson this morning is to impress the importance of knowing oneself. Your very Life is the presence of the great Presence, and you must recognize that at all times. Just say to yourself: This Life of mine is the great Presence in action; then recognize this is true for all you see or think about. Just practice this for one week, and you will see marvelous results.

When you know the Power is ever present, you can learn how to use it to help yourself and others.

May 28, 1950

Our lesson today is on the one great Life that God has given us all. This Life is from everlasting to everlasting; there is no death. You may leave the home you occupy here, the physical body, but you will have another body to occupy. So always remember that God cares for you and gives you all you need at all times. There is no need to worry at any time if you know God is your Source of all Life. We must learn this.

June 4, 1950

Our lesson this morning is to be a real treat, a lesson on knowing you are not separated from your Source of all good. Always realize you are a part of the great Whole. Nothing can separate you from the position you hold. Just think on that fact often.

What a blessing when you realize that you are one with God and can call on Him at any time and receive the answer! Just knowing this is a Pearl of Great Price.

June 11, 1950

Our oneness with God is a blessing few recognize. If we knew just that and used the knowledge, one would be filled

with all good. All may, and can, recognize this blessing.

Take time during the day to turn to the one thought and give thanks; soon you will find you can turn to receive many blessings. God blesses all and is ever ready to pour all good. Just be ready to accept.

June 18, 1950

There is no death, only a continuation of this Life here. Everyone who passes finds he has a work to do and is very happy to be free.

Turning to the one Source of all good, we receive many blessings that we do not recognize at once; but as good unfolds, we do realize what has taken place by studying. So it is up to everyone to study all he can. The same holds in the Spirit World.

June 25, 1950

Today is big with blessings. The great Presence has sent his Guardian Angels to many people to show them the correct way. Those who accept will be blessed. They must know that they can turn to the great Presence and receive help. It takes practice; and those who sit quietly in their own home will receive many blessings. It must be done by each one in order to receive.

July 2, 1950

A beautiful Sunday morning, and we come to bless all and to give a message of Truth. Now we must realize our oneness with this Source of all Power before we can use it for the good of many. There is only one Source of Power, and that is the great Presence. All the Power that comes to anyone is from this one Source. One should be very grateful to feel the Power present and should use it only to do good. Only God can give you Power. Everyone has the Power

within; and when it is recognized, they can use it for much good. You use the Power all the time but do not recognize it in the little things, such as seeing, speaking, breathing.

So learn to give thanks for the Presence of the blessings, and your channel will open for more Power to flow. When one knows himself, many blessings unfold. Now study just as if you were at school.

July 9, 1950

The blessings that come to each one are not always recognized, for they are just taken for granted. When people know they are never separated from God, the one Source of all good, they will begin to realize the great gifts and give thanks. Then learn to turn to the one Source for the answer to all your problems.

There is just one Power. Some use it constructively, and some destructively; but when you learn to use this Power and turn to it for all your answers, you will find the freedom you seek—freedom from worry, fear, lack, and many others. Now study.

July 16, 1950

So much work is needed today. If each one who knows would take time to send out words of Truth, it would help much. Only by knowing how to use the Power for good can one help. Idle talk does not help. Just try to realize the great Presence is ever present to help; and by that recognition you help. As your thoughts and spoken words go out, they send waves of good, and someone receives them. So the more you send out the good, the more you are helping.

July 23, 1950

Today our lesson is to be on the Soul. So many do not understand what the Soul is. Your Soul is the part of you

that is connected with the Great Soul. Your soul is this real you we speak of, never separated from the one Source of all good. You must learn that and turn to the one Source, knowing you can ask and accept good. Just try to realize what you really are—a Soul operating through a physical body. Meditate on this until you do know.

July 30, 1950

A day of sunshine, and what a blessing the sun is—a gift of God! It is just one of our many gifts. When our thought rests on the many blessings, we begin to meditate on how these many blessings come to us and from where. Now the God-Presence is all there is, and we must learn that first; then we know we are a part of this great Presence, accept our oneness, and learn that all good comes from the Source.

August 6, 1950

In the material world of strife today we see many turning to their God for help. When all learn that the one great Presence is ever present to answer their calls, they will be very grateful; and that is the only way they will find peace and freedom. They could have all good at all times. All would be happy and would only want everyone else to be happy.

It takes daily practice to bring your Power present to help.

August 13, 1950

Sunday, a day of rest and joy to many! Our Sundays should be devoted to knowing the great Presence and helping others to find the Truth. Your oneness with this great Source is the Pearl of Great Price. Now just take time to think over the oneness with this great Presence, which is your very Life.

You are never separated from the one Source; and when you know that and use the Power given you, all your problems will be met. Now study.

August 20, 1950

Today our blessings are many, and we are grateful for the great good God sends to us and it is our pleasure to accept. Just realize you are one with all good; everyone is one with this great Presence of good. See what a treasure-house you have, just to turn to that one Source of all good and ask, knowing it is there for you. Now try this when you think you have need for help of any kind.

August 27, 1950

Our divine inheritance is one we are grateful for. God has given us all Life, all Health, all ways of obtaining our good, and it is for us to accept. As on the earth plane if you inherited many things and did not use them, they would not be of any benefit. God has given us all. Now start to use your gifts, knowing they come from the one great Source and that the supply is never diminished. Just know all good is ever present for you to accept. Now use your gifts.

September 3, 1950

We give thanks today that we do know the Power of God is ever present, to be used to help ourselves and others. We can all be a great help to mankind if we only take a little time every day to acknowledge this God-Power as ever present, knowing there is only this one Power to be used for good only. It is the way we think of this Power and speak, using the Power, that sends out good or destructive vibrations; and you cannot speak or send out thoughts unless they are received by someone. So be careful of your thoughts and words.



September 10, 1950

The blessings we receive are given out to many by our kind thoughts and words. Kind thoughts and words are more precious than gold or silver; they accomplish so much more.

The Presence of the Power within is the most precious gift one could wish for. Study until you do realize the Presence within, and you will always rejoice.

September 17, 1950

Our greatest blessing today is the knowledge that there is a Presence we can turn to in time of need. When you realize you are one with this great Presence and can ask and receive, you begin to understand what a blessing you have. It takes time to turn each day to accept the good that is for you; and the more one accepts, the more one receives and the easier it is to turn within to this Presence.

September 24, 1950

Our guidance from the one Presence is all we need. When we learn to turn to this one Source for guidance and wait for our answer, we will receive it. Today so much work is needed; and every thought turned to the right and sent out with blessings helps more than one can realize. Send out thoughts of peace. We are doing all we can to establish peace in your world. We need much help from each one. Just one thinking correctly does so much good.

October 1, 1950

This great Presence you now recognize as the only Power is ever present to answer all your requests.

When people realize they are a channel for this Power to operate through, and do try to send out only good thoughts, they are using the Power in the correct way. Later

on you realize that God is the only Presence acting and that you are a part of this great work. You are never separated from this one great Source. Now go over your lessons, and you will find much good.

October 8, 1950

I am grateful I can come, if only for a few moments. The Truths given will help, and for that I am grateful.

Today more than ever we need many working in the Truth. It is very easy after you know that you are one with the one source of all good and can use the Power to help yourself and others. Every day try to realize this oneness, and soon you will realize what a blessing you have.

Just these simple truths will carry you far.

October 15, 1950

We wish to speak on this great Power that is within to help in all your problems. Just know the Power is present, and use it for the good of many. You do this in different ways. Use it to give help to others, speaking kind words, doing kind acts. That is using the Power in the right way. Use it in simple ways at first; then you will learn to do greater works. Healing is one of the greater works. We will write on that later.

October 22, 1950

Our lesson is to know we are a part of this great Presence. Say it over and over until you do realize the Truth of your statement. When you know this, you work from that one point, and everything comes easily. When you know you are a part of the one presence, you have at your command this Power to help yourself and others. Now practice this knowing.

October 29, 1950

Today is big with blessings. Many are turning to their God for courage and help. They may not know they are one with all good; but they know there is a God they can turn to for help, and that is a blessing. When one knows one has the Power to help others, what a blessing you have! It must be used to keep it flowing all the time.

Practice the Presence within until you know without a doubt you are that Presence.

November 5, 1950

We hear the word "peace" spoken by many. God-Peace is a kindness to everyone you meet, a kind thought for everyone, and seeing the God-Presence in every one. If all would do that, we would have peace. The Love of God will only bring peace to the world. Thoughts of Love sent to everyone your thoughts rest upon will help much.

November 12, 1950

Many of our prayers have been answered. We accept things as just coming our way and do not stop to thank the one Source of all Light, or God, from whom come all our blessings. The more we give thanks, the more we begin to realize where we receive our good.

In a world so torn with strife, just one sending out thoughts of Love and peace helps so much; and when you realize everyone is a spiritual being and can only send out good, that will be a great help. All good comes from the one Source, this great Presence. Some do not see it as good, but it is always good. If it were accepted as good, we would not have any discord. It is all in our acceptance and the way we send out vibrations by speaking and thinking.

November 19, 1950

As the Bible says, many prophets come in sheep's clothing. One has to read to know one will be guided in the right way. Some day all will know there is only the one great Presence and we are one with it.

There is a great work to be done to help others see the Light. We know when we are taught the Truth by the feeling we have within—no doubt, just peace. Many have taught the Truth, but it has not been received as the Truth. So always read and see the good, and leave the other. Judge not, as the Bible says.

We need to help all we can—not criticize others, but know the Truth about each one. Many blessings come every day; when one acknowledges the blessings, one is near learning the Truth. All is well. All is well.

November 25, 1950

The work given many is a great blessing to them. Your thoughts sent out to bless many do just that. If everyone could send out thoughts of peace, soon we would have peace.

There is only the one Power, and it is used constructively or destructively. If everyone knew that, they would soon realize what they do. They would not want to harm anyone; but that is just what takes place when you think harmful thoughts. So now try to send out thoughts of Love.

December 3, 1950

Peace—what a blessing to mankind! We must use this peace to have it operate for us. It is a power to be used, just as we use the Power to accomplish many things. If everyone knew how to use the Power for good, peace would be present.

God has given the Power to accomplish so much. The Power of peace could be used to establish peace for all time.

The Power is used wrongly most of the time. Those who know how to use the Power can help so much. Love is the greatest Power.

December 10, 1950

Many today are turning to the one great Presence for help. It may be a bitter lesson for many; but by only turning to the one Source of all good, they will all receive good. God being the only Power, it must be used for good to receive good; you see that, and when many see that one point, they will soon find their freedom. They must send out good thoughts, act with good will towards each other. Acting well and thinking destructively is just the same as doing wrong. The Power is present to accomplish all good, and we must learn to use it in this way.

What a wonderful and peaceful world we would have if all knew there was enough for each to enjoy! God has given of His bounty; it is to be accepted by each one. Only by knowing the Truth will we have peace. Think on these lines every day, and tell others that they must think peace at all times. Peace—peace within and without!

December 17, 1950

When we turn within and know the God-Power is ever present, we are accepting this great Presence to heal, and we can send out thoughts of Health. No matter what the condition seems to be, it has no Power of its own and can soon be erased by knowing the Power of God is ever present to heal. Do not give any Power to any condition; just know the only Power there is, is to be used to send out and accept good, and good only. We use God-given Power to help all.

December 24, 1950

The Christ Spirit we hear so many speak of is this gift

of God to you and to each one. Your real self is the Christ Spirit.

Now when you learn to turn within to this real self, you are acknowledging the Christ-Presence, this gift of God. You learn that you can turn to the one great Source of all Wisdom and Power and receive all good for yourself, then give out to others.

This Christ is the gift of God to everyone. Jesus acknowledged his Christ-Presence at all times. We so often think of Jesus as the Christ. Jesus was the one who really acknowledged the Christ-Presence, His oneness with this great Source of all.

Now try to see this Christ-Presence in everyone. Help them to know their real selves. You will be doing a great work. I am trying to make the lessons plain so that all can understand.

Now remember this Christ-Presence—this Christmas Spirit, as some say—is the gift of God to all.

December 31, 1950

As the year closes, we have had many blessings; and as each one turns to the Source of all good, he will receive all good. The Power is ever present, though now it is being used destructively by many. If they only knew they could use the same Power for good, they could have all the good they wished, and none would be unhappy.

Send out your Light and prayers for the good to be used in the right way. It is all in knowing who you are and who God is.

January 7, 1951

As this is the first lesson of the New Year, we will know that the Great Presence is ever present to guide us through the year; and by always turning to this one Source, you will receive answers to all your questions, receive healings of all your problems.

When people realize their oneness with this great Source, they have at their command a Power to accomplish all good. By using the Power for good only, more Power flows to you. Just keep saying over and over: I am one with this great Source of all good, and I do use the Power to accomplish good.

January 14, 1951

This one great Presence is the Source of all good; and as you turn to this one Presence and ask for your good, know it is there for you to receive. It is all in knowing you are a part of this great Whole and can turn to the one Source and know all good is there. No matter what you wish, it is there for you; but it must be good for you and good for all.

If all would turn and ask for good only, knowing it was ever present, soon our wars would be over. If all only wished for good for all mankind, you can see what a happy place this world would be. Until each one practices the Presence within, there will not be peace. Peace must come to each one; and there must be no want for anyone, just brotherly love everywhere. Just send out Love and peace for everyone, and soon you will find this peace within.

January 21, 1951

Today we can be grateful that we know some of the Truth. God's blessings are ever present; but until we know and accept them, we do not receive the good. Our gratitude opens the door for more good to flow. If we do not open the door, how can we receive this good which is there for us?

We open the door by knowing the truth about ourselves and God, by knowing we can turn to the one Source of all good, accepting the good that is there for us and giving thanks. We do not ask for good; it is there for us to accept. We must learn the difference between asking and accepting

our good. A prayer of acceptance is one that brings the good into your world and does the work.

When you know your oneness with this great Presence and know that the good is there, you just accept and give thanks.

Now try this simple rule.

January 28, 1951

The world needs to turn to the one Source of all good to receive it. Until they do so, there will be confusion; for it is only confusion in not knowing themselves and not knowing they can turn within and receive. Every good thought sent out helps so much. If one could only take a few minutes a day to turn to the one Source and give thanks, it would help them as well as many others. Just recognizing that the good is present for everyone does a great work. Some think it hard to do a work in Truth; but if they turn within, they will soon find it gives so much happiness to know they can help. All good thoughts can dispel wrong thoughts.

February 4, 1951

Our day is one of blessings. Knowing you can turn to the one Source is a satisfaction that nothing else can give. Our oneness with this great Presence is priceless; and when you realize this, nothing will ever bother you. You can go around doing good for others, with never a thought of discomfort for yourself. Just try to realize this oneness at all times. Try to know who you are—that is the one great point. Meditate—study it.

February 11, 1951

When we listen to the voice from within, we receive the answer. It is always good; and if heeded, we advance quicker than by trying to lean on material means.



Today we are grateful we can send help to the world in so much trouble. The Spirit Friends have a great work to do, and they are doing their best to bring peace. If all would turn to this one Presence within, they would be so grateful for the answer.

February 18, 1951

Many blessings are given but are not recognized by those receiving them. If we are grateful for the little things, more blessings will flow. When we are grateful, you open the channel and many blessings can be released. If all understood that one point, they would find much happiness. Today so much work is needed to be done, and every thought of good sent out helps. You are always thinking, and that goes out as a wave and is received by many. So send out thoughts of good only; speak words of good only.

February 25, 1951

It is a blessing to turn within to this great Presence, knowing we can send out thoughts and words that will help many. If all only know their oneness with this great Presence, they would see how much good they could accomplish. Why, the whole world would be happy.

Your prayers help so much. Everyone's prayers help. Even if they do not understand the Truth, they feel there is One who answers their prayers. So keep up your good work.

March 4, 1951

In our world of confusion this great Presence is ever present to be turned to so that all may receive help. Many prayers are answered, but not in the way one expects; they are answered in a way that will bring good. The prayers of all good people help much. You just send out your prayers to help all people and ask for good for all. You will help by doing just that.

March 11, 1951

As we near Easter, we are grateful we know there is no death and that we have eternal Life. And we have the Power to make our Life what we wish. The Power is ever present to be used; and if we use it in the right way, we have happiness and can make others happy. So when we really know we have the Power to use, and that it is flowing every minute, we have the Pearl of Great Price.

March 18, 1951

This is Palm Sunday, the day Jesus entered Jerusalem and He knew He would make his demonstration of eternal Life.

Today we all may know that our Life is eternal, and we know we are blessed to learn this, to live a useful life, and to help others.

Life is filled with all the beauty and all the good we can accept. As we give thanks for this great gift of Life, we begin to realize just what it means to us. We give thanks.

March 25, 1951

Easter means so much to us! We can know we are one with this great Presence; and as our knowing rises higher and higher, we can see and feel this good Life Jesus demonstrated for us. It seems that was the only way to impress upon the minds of all that there was no death, only eternal Life. We are grateful to Jesus for this demonstration.

It has been made by others since His time, but the world does not yet know it can be accomplished. We have much to be grateful for this day. If more would follow the Sermon on the Mount, the world would be a better place. Today the prayers of people will be a blessing to the world, and only by the prayers of many will there be peace.

We are thankful so many turn to the one Presence, even if only for a day. We can do a great work on the vibration.

Now blessings on you and your dear ones, blessings on all people.

April 1, 1951

The many blessings that come to us are not always recognized. When we take time to name our blessings, one by one, and give thanks, we are opening the door to more good. This great Presence is ever present and needs only its recognition to be used.

Never think of the Presence as a personal being; it is a great Light and Power coming from the one Source of all Light. As you turn to that one great Source, and know the Power will flow to you as you turn to it, you will find your problems vanish. The Power takes and fills all space. It is the knowledge you are a part of this great Presence that does the work.

Just think of the Presence at all times as your Life, never separated from you, never at a distance. Now use the Power, and it will flow more and more.

April 7, 1951

Our one great blessing—to know we are never alone. The Great Presence is ever waiting to supply all needs, no matter what. Just realize the Power is present, and all things will be added. The world today must turn to the one Presence for their help; there is no other way. When we can do that, all fear leaves us and only a grateful heart remains.

Your world is filled with happiness; just accept and be glad you do know the Truth.

April 15, 1951

I am always glad to come. When you are writing the words, a vibration goes out to help many. Many are turning to their God for help; and that is the only way peace will

come. All who turn to the one great Source and ask for peace will be a great help. The great Power is being used for good at the time they are asking for peace.

Many do not know they are using the Power, but some day they will. God gives us the Power, and it is up to us to use it in the right way.

April 22, 1951

Today we are to give blessing to a great Soul. He knows the Truth and is not afraid to speak. Much good will come.

When one hurts another, it can only turn against him, as you have seen. What a lesson for us all!

Now the people will see and know more than before. You can receive good by giving out good only. The Power from the great Presence is all good and should be used in that way.

April 29, 1951

In the practice of the Presence, we find much pleasure and peace. Just to have one quiet hour with your Presence means so much. If everyone could do that, the world would feel the vibrations, and so much good would be accomplished.

You are spiritual and have this Great Presence to turn to for help, and it never refuses. It is always ready to answer all calls. So that is the work one has to do—just knowing the Presence will answer. You will find many burdens falling away by your calls. God bless you!

March 6, 1951

Dear, it is a privilege to come to help one who is so in earnest and wishes to help others. Today we are all anxious to help; and a few words of Truth given helps many. Just know the Power of this great Presence is around and through you, and your body will enter no complaint. Know

this also for all whom you meet or think about. Always surround them with this knowing of the Presence, and you will be doing a great work.

May 13, 1951

Mother's Day—a precious privilege to know one has been given the gift of motherhood. We rejoice today for this great Love that is bestowed on mothers. Nothing is so great as the Love of a mother. Just realize what it really means. You have the Love of your children, which means so much. We bless all mothers and know the God-Presence is with each one. Always recognize this God-Presence with everyone, this God-Love, God-Power.

May 20, 1951

Today we are blessed with the knowledge that we are one with the great Presence. It is given us to use for ourselves as well as to help others. So keep pouring in this great Light until you know and feel the Presence of good all times. Nothing is of any good unless we use it. In this God-Power you feel all peace, all Love, and one must acknowledge this Presence at all times. You will feel free and can send out the Power to others when you prove to yourself that it does heal. Just keep studying this one point until you do know this God-Presence is all there is to you. When you know that for yourself, you can know it for others.

May 27, 1951

Count your blessings one by one. It will keep you busy, and no thought of error will enter your world. So much time is spent in thinking discordant thoughts. The right way is to put in a good thought as fast as you can whenever a discordant one arrives. Just try it for one hour, then one day; you will find much satisfaction in doing just that. Prac-

ting the presence of good is to acknowledge the Presence of God, and the Power comes forth to help solve all your problems.

Just bless all to whom your thought turns; and if the thought is not as it should be, do as I say: just put a good thought there and bless. The world needs all the good sent forth.

June 3, 1951

Today our blessings are countless. We turn to the one great Source and give thanks we know the Truth. You know the Truth when you can feel this Presence and hear your answers to all questions.

To demonstrate, all you have to do is to turn to this one Presence and ask, knowing your answer is there or you would not have asked. The God-Power is ever present—you know that; and you do use it in many ways. So when things seem to bother the body, just pour in more Light, or Power, and anything but good disappears.

Just dwell on perfection at all times, for that is what your Life is. Just say it over and over until anything less than perfection disappears.

June 10, 1951

We are always glad to come to give a word of encouragement. One knowing the God-Presence is never really afraid; they may seem to be a little anxious, but knowing the Power is ever present to help, they need never have any fear.

The great Tibetan Teacher was so good to come to assure you of your protection. (An earthquake was predicted.)

June 17, 1951

From the Realm of the Great Light I come to bless you and your Daughter. Your daughter is a bright Light who

blesse many by giving out so much Happiness and Love. That is using the great gift of God. When one does good, but not to receive good in return, one is blessed beyond expectations.

God is All; and when we recognize that we are one in this great Source of all Light, we find our Happiness and Health and all good. You help others by knowing this for them. If they do not know the Truth, you can know it *for* them; and, in silent way, you do a great work. Everyone will know the Truth in time; they must turn to the one Source. Now keep up your good work—you help so much.

June 24, 1951

“Our Father which art in Heaven . . .” You know how you love your father; now think of this one great Father of all; and you will feel the same Love.

We must learn to turn to our Father, knowing all good comes from Him. This Power we use comes from Him, our Father; and without the Power we could do nothing. The Power is ever present and is being used by us at all times, but we do not recognize it as we should.

Give thanks every day for the use of this great Power; and always remember that your very Life is this great Power, a gift to you. So do you not see that all there is, is this Power of God in action?

The more you practice the Presence of God, the more you advance. You are using the Power to write; I am using the Power to dictate the lesson.

July 1, 1951

Today, as you say, is the start of the celebration of freedom. You realize what spiritual freedom means. When you know your oneness with the Source of all, you have your freedom.

You can call on this one great Source for all good, and

your requests will be answered. You have come far, dear one, and many blessings are in store for you. Just keep up your good thinking.

July 8, 1951

Our blessings may not seem to be all we want; but when we begin to realize the many blessings we have, we wonder why we do not recognize the Source from which they come. By doing that, more good comes forth; or, as we say, the channel opens wider and wider until we do know all good is waiting to be received. Just keep up the faithful work for all who wish to advance.

There is only one Power which is used by all. Many do not know that they are using this Power. That is your foundation, to know the Power is ever present to be used, and must be used for the good of all. When one knows the Truth, one is free and happy.

You learn to know by turning to the one Source and expecting and accepting good.

July 15, 1951

Your oneness with this great Presence makes you spiritual. Do you see that? God could not be material or any kind of man. God is Light, Power, Spirit, and we are all a part of this great Power, Light, Spirit. So we give thanks we are a part of this Great Presence, Light, Power, Spirit.

We do not worship a material being. I can see why that does not satisfy you, or, as you say, you seem to rebel when you think of God as a man, one great man over all. We would rebel also; but when you know Spirit, you feel free and know there is a Presence of Power and Life you can use. You are grateful for this knowledge that you are a part of the great Presence.

If God were a man, you could not be a part. Do you see that? When you think of God, or Spirit—and you are



that—you give thanks for the gift of Power you use at all times. You can use this Power in all your work and to keep the body healthy and strong.

You will always be spiritual. Now you are working on a different plane, but you can work as we do by using this great Power. I see you understand; and any time you “rebel,” as you say, just stop to consider what are you thinking about God and yourself. By knowing this great Presence of all Power and Light, one becomes free and happy. Now you see, don’t you?

We all love you and will help you solve any question.

July 22, 1951

Our blessed gift of Light and Power is being recognized by many today. You find many doctors and scientists using the Power to help in their work. They may not know all about the Power, but they have learned there is a Power back of all things that does the work.

You know more about the Power and Light and find you can use it to help. The Truth keeps the body in order. It is a wonderful piece of machinery to run, but you know that machinery must be kept in shape. You must do so by pouring in the oil of Truth—the Power which you now know is present.

If more people knew how to help themselves, sickness would soon vanish. You can know the Truth for anyone you see who seems to need help. Now practice the Power within.

July 29, 1951

Another month has passed, and we find you just as interested in your work as ever. That is wonderful, dear. You are so grateful for all teachings given, and I know you will love your new lessons. There are many things to learn; and when you learn one lesson, it seems as if you always knew

it. You have—in your real self, but not in the material.

If all only knew themselves, what a wonderful world it, would be! It is a wonderful world to those who know Truth. You find things more pleasant when you turn to the one Source of good, knowing your happiness and all good issues from it.

You are doing wonderfully with your studies. You know your real self and can help many to know their real selves. Just do that and you will be happy.

August 5, 1951

There is no greater work than knowing this God-Presence is in all things and using the Power in everything you do. Acknowledging this Power is to acknowledge the Presence of God, and there is no greater work.

Things will change and become brighter and happier when one works with this one Presence. Everyday work must be recognized as the action of this Presence; and by doing that, the work is made easier and the body lighter and freer from all disturbance. Now think this over, and I know you will see the results.

All must turn to the one Presence for all good; there is no other way.

August 12, 1951

Today provides another blessing we wish to remember. Just as you were dreaming, and afterwards realized what a blessing it was to open your eyes, so to open your eyes to spiritual grandeur is also a blessing. You now see, but you will see more and more and realize what real spiritual beauty means. You will see this great Power operating in different ways, and you will be grateful that you know the Power comes forth to help you at all times.

This little talk is for you, and I am always glad I can give a word of encouragement. Just keep turning to this

Light, and everything not pleasant will pass away. The children will always be protected, you need never worry. They think more on the spiritual every day.

I give you my blessing and tell you I see great advancement for you.

August 19, 1951

This Power that you know as ever present is so great that you could move mountains. Just know the Power is ever present to be used for good. God is so wonderful, and we are channels for this good. That makes us as God, for all we are is this God-Light and Power. One has to keep knowing this for oneself until it just becomes a fact.

What wonderful things we can accomplish when we really know! You are doing wonderfully in your work, and we are all very proud of you. You are so earnest and want to know. Just keep knowing the Truth about yourself.

August 26, 1951

When our thoughts rest upon another with Love and Kindness, we are sending the Power to help them; and the Power sent that way could not fail to help. If all could only realize they have the Power at hand to use in greater things, what a happy world it would be!

In your meditations you bring the Power forth and send it out to help whomever you wish. No greater work can be done. We feel sometimes that we are not doing a work if we do not make it public; but I say more good has been accomplished in silent work. One never knows how far one's thoughts may go after they are directed outward. They do not stop, but they accomplish good wherever they are received.

You do so much good. I just wish you could see what is accomplished.

September 2, 1951

This great Presence we turn to is the Presence of all things. It is the Source of all. To speak in plain language, suppose you wished for a certain thing and knew where to get it. Would you go to that place? Now when you know this Presence has all the good you could wish for, you would turn to that one Presence and ask, knowing it was there for you and that it would be manifested. You would be guided towards the good.

Just decide first if what you wish is good for you and will help others. You are this Presence, and you will learn to use the Power to do greater work. I know you see and realize the greatness of this Presence. We will speak on this subject again.

September 9, 1951

This is a beautiful day, and our hearts are grateful for all the good that is bestowed upon us. We have the beautiful sunshine, a gift of precious Light. The Light is from the one Source of all good, as are all things good. Your oneness with this Light gives you a great blessing. Just count your blessings often, and you will be glad you have so many. Your greatest is in knowing you are one with this Presence. When you know that, everything will seem different to you. You now realize some of this great blessing; and when you use this Power more, you will have more confidence.

Just know the God-Power is present to heal. That is all you have to do.

September 16, 1951

Within is this great Light, always ready to answer your call. You are never alone, always one with this great Presence.

As we journey on our way, we have a great Light always

present to help; but we must recognize this Light and open our hearts to it always. Then, when we use the Power to help others and to show them the way, that is the most wonderful work one can do. Just think—thousands imagine they are alone and God is afar! You never know how many you help by declaring that the Presence of everyone is this great Presence operating through all things.

Keep dwelling on these Truths.

September 23, 1951

Today our message is of great importance. We all must recognize our oneness with the Source of all good; and doing that as often as possible, we unite with this one great Presence, the Source of all good. This brings the good into our world to be used to help ourselves and others.

Your wishing to help others is a blessing, for I see you know it is the only way for them to reach the Truth. Time is coming when all will know they must acknowledge the one Power and turn to the great Presence for help. You cannot use the Power destructively for long and not cause destruction to yourselves. One using the Power for good helps. Just keep up your good work; you help more than you realize.

September 30, 1951

When people wish with their whole heart to know God and themselves, the way opens. Spirit Friends are always ready to help. When you learn your oneness with the great Presence, you feel at peace. Then you are so grateful that you can help others. Really, that is all one has to learn; then practice this knowing.

All things would seem a pleasure, for you would know how you were working. You could know how you were using this Power and would feel a great assurance. No matter what

comes up, just know you have the Power to erase any unpleasant condition within or without.

Turn to the Presence and ask, knowing your answer is there for you.

October 7, 1951

All of God's blessings are wonderful, and each one has its place and performs its duty with perfection. It is only one's lack of acceptance that seems to cause disturbance. If one would just realize the perfection of the God-Presence at all times, nothing would come to disturb. God knows only its great Presence of Love, and that is what comes from the one great Source. If one accepts that, and does not see or feel imperfection, one will be happy.

God does not cause sickness nor wars; it is only human thinking. When one can know and feel Light, all other things have no power. Just keep saying it over and over until you do know that all good is present for you to accept.

By controlling the thought, the action changes. You will succeed.

October 14, 1951

The governing of our thoughts is a great work; it just takes practice. Just say I wish to be quiet now so that I may hear the words of Wisdom. I think you do wonderfully, having so many things to think about.

God is the Source of all Wisdom; and when one is still, things you need to know will come to you. And while you are meditating, loved ones are near to help and to learn also.

You must turn many times a day to the great Presence; and in time you will know this Power is ever present to help. You will be happy, knowing you are working with this one great Light from this Great Source.

It is happiness you will feel.

October 21, 1951

The Light that surrounds you is this God-Light you speak of. If all could recognize their God-Light as ever present, we would not have wars. We would know the good is here for all to enjoy. Until we learn that, we will have strife. It is all in using the Power in the wrong way. Many have to learn that. One knowing the Truth helps much. That is all there is—to learn and practice it.

God is All, and any difficulty can be overcome by your oneness with this great Presence. It takes practice; then one day it will all seem very clear and you will feel the great answers at all times. It is the Pearl of Great Price.

Think over these lines often; you will feel happy knowing you are one with this great Presence.

October 28, 1951

Today the great need is for more understanding of the great Presence. Each one needs to know he is one with all God is. Just keep knowing this until it becomes a Truth to you.

You have many blessings, and you do try to use them. It just takes practice, like learning music. You know the Power is ever present to help, but you do not realize it so strongly at work as you do at home in your sitting. Now learn to turn to the one Presence, no matter where you are; you will help many by just doing that. You may not see the good done, but we can see the Light going forth to help. Always know you are doing a work and helping someone. Just feel the Power at all times. It is your very Life—the Life of all; but it must be recognized.

November 4, 1951

Our only hope of peace is to recognize this great Presence at all times. When disturbing thoughts enter, push them out and declare the Truth of your being. You may have to do

it often through the day, but keep at it and soon negative thoughts will find no resting place. You will reject them at once. Just know that Happiness is ever present; Health is ever present; and all the good gifts of God. We must accept them. Just declare the Truth; say that this person loves me because we are both one with the Love of God. It cannot be otherwise. You will win. Being one with all God is a great blessing and must be accepted and used to receive benefits. Just say these over and over. You will find peace.

November 11, 1951

You are to have the opportunity to give out your lessons. When the door opens and one is ready, much good can be accomplished.

I see you are knowing this great Presence as your Life; and that knowledge is your greatest blessing. Just use this knowledge more and more, and you will behold things you never dreamed of. Always know it is the Truth for your dear ones; and that will help them at all times.

Today your greatest blessing is in knowing this great Truth. Rejoice and be glad you have the Power to help yourself and others. Knowing the self, working from that point, is one of your greatest blessings. You have the strength to do your work with ease if you use it. All is well.

December 2, 1951

The storms never disturb the good. If we could only see the good as present at all times, the storms would never have power; the good Power would be used for good only. There will be storms and storms until all realize they are using the Power in the wrong way. Just think, all could be happy doing good, helping each other, if they knew they could use the Power. So many have been taught that they are separated from God when they are this God-Presence in action.

We do all we can to teach the Truth and are grateful



for every opportunity to give it out to others. A word now and then will help. Just know the Truth for everyone in the office and store; you will be doing a great work.

December 9, 1951

The Power you speak of, and know, as coming from the one great Source is being used as you ask and is being appreciated by all your dear ones. If all would use the Power for good, what a wonderful world this would be!

After you know the Truth, it is not so hard as one would think. The only thing to do is to use this Power in the right way. So many are helped by just one declaring the Truth that God is All, and in that All we have everything we could wish for. Just turn within and declare that the Truth of Health is present. Accept that Truth, and soon one will see only Health at all times. Just claim over and over your true state of being; you will find it "works," as one says.

December 16, 1951

Our duty is to realize at all times that the God-Presence is our only existence. Just say, I know who and what I am—one with this great Presence—and soon you will feel the Power present to help at once. Remember, you are not the physical body; you are Spirit, which is never tired, never upset, never sick, and you have all strength at your command to accomplish all you wish.

You could do a great work if you had more time. You know you have always been guided in the right path.

December 23, 1951

In our meditation today we must hold to the one Presence to help this upside-down world. One who knows the Truth should spend as much time as possible sending out

thoughts and speaking words of the Power of God to give peace. Try to be calm under all circumstances, and that will help. When one knows he has the Power to use in the right way, one should use it. Much work needs to be done. Just one thinking rightly helps.

We are glad to see many turning to God, each in his own way. If the Christmas Spirit could be kept all the year, there would be more happiness for everyone.

Turn to the one Presence many times a day in your work, and thank this Presence for peace.

December 30, 1951

As the year draws to a close, we have many blessings to be grateful for. All comes from the one great Presence to accept and use. It is the way we use the great Light that brings happiness or discord. Just realize you have this great gift to use for yourself and others. Your thoughts help so much; and one must always be thinking harmoniously. That is the only way one can be happy.

When disturbing thoughts or words came, say to yourself, "No, you have no home here! you have no power to cause discord in my world." Now just say that, and you will find it does work. You may have to say it many times.

If one could only realize this great gift one has. The New Year will bring much happiness to you.

January 6, 1952

Your knowing the Truth always sends out a Light; and when you ask help for someone, it never fails. The Power is ever present, but must be directed and used to help anyone. You know now the Power comes forth; so you have the great Power to use and help others. You can send out this Light to help, knowing that good will be accomplished.

You have a little doubt as to whether you do the work

correctly. Now it is very easy just the way you do it. That is the correct way. The New Year will bring more confidence in your ability. Just realize you do have this great gift. Use it and give thanks. I will do all I can to help you see this great work accomplished. A wonderful New Year for you!

January 13, 1952

In the wideness of God's mercy everyone is blessed; and when one acknowledges this blessing, he is doing a work for himself. Then you know and see the blessings given to others.

Everyone does not receive in the same way; but it is always for their good. You can send out good thoughts any time, and they will be received by someone. When you send them to a certain person, they will go there to help him, for the Power goes where it is directed and does good.

Now you recognize that this Power does come forth; so use it all you can.

You do use it; but now use it while knowing you are doing a work to help. You can use it to heal. Just have confidence as to who you are. You are here to do a work. We all love you.

January 20, 1952

This bright morning will bring cheer to many. The brightness of God's Love is ever present. If everyone could see and feel this great Love, soon wars would end; all would live in peace and wish only to help others. We can see how just one sending out a prayer helps. So there is much work one can do, knowing your prayers are answered.

The Light goes forth and can be used to help someone. So one never knows how much good one is accomplishing. If people could see one operation of Light, how happy it

would make them. So remember, you are doing a work with every good thought or word you send out.

Some think they have to be busy here; well, that is one side of the good that can be accomplished. Silent work reaches many. So keep up your good work.

January 27, 1952

A letter to Mrs.—: I watch you so often giving a word of encouragement to someone. Dear, that is doing a great work; you never know how far a kind word goes. The one you speak to will speak to someone else, and that is the way the Power is used. The Power you use is this God-Power and is present at all times. It is your very Life, the Life of all people. No matter where you go, or what place you seem to be in, you can do a great work just by knowing the Power of God is present to bless. Great work is done silently, my dear.

Your dear ones watch over you and give you every blessing. Now radiate your lovely smile and know you are doing a work. Greater work will unfold.

February 3, 1952

Our blessings are so many. Today we seem to hear only discord among Nations. Now if each one will learn to know how to use the Power for good, there would be no wars. Each one can do much good by knowing the Truth and sending out thoughts of Truth and speaking words of Love and Kindness.

You can realize what a glorious world you would then have to live in. Those who know some of the Truth have a responsibility to help. Just knowing one could help should give a feeling of happiness.

Just think, God is pouring out this Power at all times for you to use. He never holds anything from you. Your

work is to accept this good and use it to help yourself and others.

February 10, 1952

In this great world we live in is a place of happiness everyone can reach, where nothing disturbs or worries. You reach this place of happiness by your meditations; and the more your thought dwells on this oneness with all happiness, the more you begin to feel it. Soon the harsh things do not disturb you.

It just takes practice. When an unhappy thought comes, put in its place a happy thought. At first it may be just gratitude that you do know the good can be recognized. Now you know your real self, and that is a wonderful thought.

In this Light is all good, and you must turn to the Light at all times. When you have your Sundays, spend much time thinking about good. You can do that while you are working around the home. We need every good thought.

February 17, 1952

I find you count your blessings often, which is a great help. It being a lovely day, you will enjoy getting out in the sunshine. You will radiate a Light which will bless all with whom you come in contact. You are realizing more your oneness with this great Light; and soon you will be so grateful that you can use the Light to help yourself. We are all so happy for you, and Juana is very proud of your work. It just takes patient work to accomplish anything, and you have done that. Yes, dear, just expect good at all times. All God is in this Light you see and use. Just know it is present to help you.

February 24, 1952

In this world of seeming strife this God-Presence or Power

is being used in the wrong way. You see that? It is used in the wrong way when we see or accept sickness. Now the only way to be free is to recognize the Presence of this Power at all times. It may take a little time, but one must keep up the work until it becomes a reality; then nothing disturbs. You see and feel a body of Light, Health.

God gives His Angels charge over you to help in all your ways; but you too must do a work to receive. You do so much to help others by bringing the Power through; now know the same Power is there for you to use. Just ask help for yourself until you do know it is always present.

We all help, and I know you will succeed.

March 2, 1952

Yes, a beautiful morning! God is so good to give us the Love of a bright sun. As we recognize this precious gift, we learn to see more beauty around us. Today is to be a day of happiness for you. Your thoughts are becoming clear all the time, and soon you will see the blessings of your faithful work. You know you have your foundation; just keep knowing the Truth and speaking the Truth to others.

Your advanced work is to begin soon, and Master Juana Ashawaska is very proud of your ability and your confidence. I know you are always grateful to help all you can. There is so much work to be done. Each one can help in different ways. Turning to God for help is to recognize there is a Power greater than we are. Blessings in your work.

March 9, 1952

Our greatest blessings are that we can think and choose our thoughts. Just think what it would be without that blessing. You would accept all kinds of thoughts. Your thoughts travel, as we would say, "fast"; but with a little practice you can keep to one subject for a time.

Today God has given you the great blessing of knowing

the Power does heal. Study as much as you can your healing lessons, and you will find soon you can do healing for others. You help many now; but soon you can heal by knowing the Power heals, just as Jesus did. Now that is part of your new work. Master Juana Ashawaska has other work to be done.

I know you will be happy in this new work, as it is what you have wished for. Many are very glad for you. You will have confidence in your work, and that will mean so much to you.

No, you will not have to speak the words out loud; but there will be times when you can. And always give thanks for the great Presence.

Know the Power does heal and is always present. Where health is, there is no sickness; where there is love, no hatred. Just practice on these lines, and you will be very happy. Do not be timid about trying; just know you can be a channel to heal. God has given you that blessing. I am happy for you, dear, and I know you will work earnestly.

March 16, 1952

Yes, my dear, the words of Truth are wonderful. It is the use we give them that helps others and ourselves. Just practice and practice; then you know the Truth, and it is as if you always knew that you had this great Presence to turn to for all the answers to your questions. You know without a doubt that the Power comes through at your call; now learn to use it to help yourself and others. You do that by just knowing the Power is present to correct or to bring forth only good in the place of any disturbance.

All there is to the body is this Life of God—you know that now. So where the Life of God is, there must be perfection. Just keep knowing that, and you will see results.

This is a short message but very powerful; think over the Truth in the words.

March 30, 1952

We always have good to give out. So this glorious Sunday morning, we will speak a few words of Truth.

You know now that all is God in action. Just see the action ever present in all people and all things. Everything that is made, is made by using the Power of God. Nothing exists but by this Power of God. Just dwell on these thoughts often, and you will find everything accomplished with ease. It takes realization of these great Truths for them to work for you. If one wishes good—which means Health, Supply, Happiness— all you do is know the Power is ever present to accomplish your wish, for you are the channel the Power works through. You let it come through when you turn to this great Presence and give thanks; you know the Power is there for you.

Do not worry how the good work is accomplished; later on you will understand all action. your work now is to know the Power comes at your call. Just that one point is a blessing. Just pour it through the body, and it will keep it in perfect health. Now that is not hard to do; you know how and you are grateful.

Greater things are in store. Know you are using this Power, know it does work for you, and you will be happy. Know you can ask help for anyone and the Power will accomplish your wish. Now use the Power all you can.

Yes, the Power does heal all discord. Just put discord aside; it has no power, just the power you give it. You realize that the Power helps in your lessons, which is a blessing.

Now just be happy, knowing you can do this work.

April 6, 1952

Today being Palm Sunday, we do rejoice in the return of the Christ-consciousness to many. Many worship in the



only way they have been taught; others search for higher teachings; and all will be unfolded in the right time when people are ready to accept the Truth about God and themselves. So, dear, be very grateful you are being taught the Truth. Your many blessings are unfolding, and you will see results.

The other evening was wonderful; you were not afraid and did your work with ease. Many were proud, and your mother shed tears of rejoicing, for she knew what the blessings meant for you.

You are progressing faster than you realize, which is amazing to many. It has been a pleasure to help you, and Master Juana Ashawaska is very much pleased at the advancement. Just keep up the good work.

April 20, 1952

A beautiful day to enjoy God's blessings! Just look around at the wonderful display of this great Power. Can one doubt the Presence when everything points to a Power being used to accomplish so much to make others happy? Just dwell on this Presence to accomplish only good for everyone, and soon you will see only good. Other things will make no impression.

You know that when you think good, you feel good. Think thoughts of Health and Strength at all times for yourself and others. That is one way of using this great Power which you see and feel. You are doing a great work to let the Light come forth. Keep up your good work, and you will soon feel the blessings.

April 27, 1952

A mother is always anxious for her dear ones; but when she knows the Power is ever present to bless and protect them, all anxiety fades away. She has a grateful heart for their protection.

Dear, just dwell on the Presence as ever present and be one with this great Power. All good can be given out to help others by knowing just that.

We help by using the Power, and you can do the same. The Power is within each one; it must be recognized to be of help. So much good is accomplished in this way.

Now enjoy your day and think on these.

May 4, 1952

A beautiful day to enjoy the sunshine! Dear, you are knowing the Truth more each day. So rejoice and be glad you have been taught the Truth. God's blessings are so many; and when one realizes the good is ever present to be accepted, one is "in Heaven," you would say. You are a great channel for this good to manifest itself in ways of Kindness, Happiness, Love towards all. Now you will soon realize the Power does heal; and what a blessing that will be!

You have helped so many by sending out the Light. Now you will soon realize what it means to be a channel for this great Truth. Today just think on these lines as you have been doing on healing, and you will know.

June 1, 1952

This day we rejoice that we are able to give a message of Truth. God being All in All, we can rejoice we are part of that All. When you learn that, things will come so easy for you. You will know only that good is ever flowing your way, and disturbing thoughts will never bother. You will be happy at all times. Then you can know that for your children and all upon whom your thought rests. All things are adjusted for the good of all; at times it may seem unjust to one, but the good of all has to be taken into consideration first.

Hold to the good, knowing it can adjust all things for your happiness and the happiness of your dear ones.

June 8, 1952

God's gifts to man, eternal Light and Life, are reflected in the glorious sunshine. What a wonderful day to be grateful for!

In our study of the Truth we find many ways of acknowledging this great Presence. We have mentioned many ways, so today let's think of this great Power you have to help others. I hope you will soon see the demonstrations; you will be amazed at the work accomplished. Many are healed and do not realize where their helps come from. Your work has been laid out for you, and you will be guided to do what is best.

I see you are helping people to turn to the Truth in the way best for them at this time. Young people want activity, and they must have a place to enjoy themselves while they are studying. When they advance, they know their work is in their own consciousness; then they radiate this Light to help others. All Truth teachings lead one to a higher good. So for each one you help, you are doing a good work. The spiritual work will become more and more recognized; then it will not be hard to speak to people on the subject.

Your opportunity will unfold, and much will be accomplished; just expect good at all times. See only good in all people and things.

You can always recognize the Power back of all activity; and just doing that is a work. Now you see what I mean by "work." It is a pleasure to recognize all good present, no matter what it seems to the physical senses. Now I know you can work and be happy.

June 15, 1952

The work of Truth is so precious that we never think of taking a vacation. Today is another one of God's blessings, a glorious day of sunshine. Know this glorious sunshine

radiates through you and surrounds you. You must recognize it at all times.

The Truth is that all is God in action; and you are that God-Presence in action—perfect. Knowing the Truth is knowing that. It keeps one reminded of who and what they are. That is all there is to do. It is very easy when you know the Truth; but one must do the work while recognizing the Truth at all times. Know your body is a body of Light, Health, Strength; then the physical will manifest this.

Keep up your good work. We will help you.

June 22, 1952

In this glorious Presence you have been recognizing is all you need for your Happiness and Health and Strength; also, the welfare of your children. One must recognize this Presence at all times. It is your very self. Do you wonder why we do not advance faster? Well, if you will just take a few statements and hold to them until you know that you know them, then others do the same, it would not take so long to realize the Truth. You *know* the Truth; and all you have to do now is to use it in everything you do and say. That is not hard for one so advanced.

Short lessons are of a greater help than hours of lectures. I am always grateful to come to give a word of help to one so grateful.

June 29, 1952

In our study of the Truth we find that at first the material things seem to bother us; and when we take each step to Truth, false beliefs fade away. As one studies and applies the Truth, things that once worried one seem so little in comparison to the great blessing of the Presence of God to help in everything you do, say, or think. Just use this Power at all times; it will take away disturbing thoughts and replace them with good thoughts; then good will be

manifest. Do that for anyone your thought rests upon. Just know their very Life is the Presence of this Power; and your acknowledging this Presence heals. No matter if there is sickness or trouble of any kind or decisions to be made.

Now, dear, you are never alone. Just listen for us. You will hear.

July 13, 1952

My message today is one of Love. We must feel this Love for all our fellow men—a Love that sees only the great Presence in everyone. I know it seems hard at times, but it is a lesson one must learn. You can make it easier for yourself by knowing the Life of each one is this great Presence. Hold to that. Look beyond the physical and see the spiritual. There is only the spiritual manifesting itself through the seeming physical.

You know that the more you dwell on the spiritual, the less the physical will hold your attention. Therefore, you will see or manifest this Love to all people.

Now take this short lesson and practice. You will find happiness in using this Power in the right way.

July 20, 1952

We are always grateful to come, so never worry about time. Thanks for copying last Sunday's lesson; it will help all to whom you gave it. We have so many we can help, and one never knows the good a little lesson will do.

You are doing greater work than you think possible. Every thought sent out helps. Silent work is more effective, as there is no criticism. So be happy you are doing a work. I know just how you feel about the work; and everything will be done in the way to help the most. Much can be accomplished in the silent work. I know you will soon see this, and you will be happy.

Just keep knowing the Truth and giving out the lessons.

You will feel the good you are doing. Now this is just a pleasant talk for this morning.

July 26, 1952

When people realize they have this Power ever present to work with, they can do so much good. Every thought is using the Power, every spoken word, every action; so do you not see how a work can be done all the time? Send out only good thoughts; speak only helpful words. I know that at some time everyone will find his true self.

Your work is to know the Life of everyone is this God-Presence; and by knowing that, you are doing a work. I do wish you could know how far you have advanced in the short time you have been studying. To be able to recognize this Power is a work of great value, priceless to you.

Keep up your good work. Many are blessed at every sitting.

August 3, 1952

We are all anxious to help, for we know every word accomplishes good. You are coming to have a clearer perception of your real self and how you work. Let no petty things disturb; make room for this great Presence to manifest itself at all times. Remember who and what you are—not this physical body, but Spirit; you have the Power to accomplish so much good. You send out the Power, and it accomplishes the work. Just give the Power work to do by your spoken word, and you will see results. Just know the Power does the work.

I am so grateful for the work done for Thomas and family. You are a great help to keep Thomas encouraged, and David will find his place. He will wish to know greater work.

The things one needs on the physical plane are always present to be accepted! Your good is ever present in this

Power you feel come forth. Just know that for yourself. See the good in everyone and everything.

The action is the action of this great Presence; and it knows how to act if given the opportunity. We expect unpleasant things so much of the time that it works out the way we expect. We must have faith in the good.

August 10, 1952

You asked about how long I have been in the Spirit World. I was on the earth plane for ninety years, doing a work to help many. Nursing is a noble work when done with Love and Kindness. Now I have been in the Spirit World "many moons," as Big Chief Long Trail says, in fact 1,234 years. So you see, I have had the opportunity to study and experience many changes in the spiritual as well as on the earth plane.

One learns faster here if willing to study. When you come here, it will not be hard for you, for you have advanced so far on the earth plane. Your children are also far advanced, more than they realize, for they were taught the Truth from the start. So you have been doing a work whose full value you never realized. Just keep up your good work, knowing persons receive help in many ways.

As you know now, it is the Power that does the healing, no matter what means are used. When people learn they can turn to the one Presence and be healed, there will be no need of hospitals or nurses; and best of all when they know good is ever present, there will be no need of healing. All is perfect now but must be recognized and used.

You know and realize more than you give yourself credit for. When you trust your real self more, you will see why you know all good is present. You have not lost the "little" you yet, but soon you will. You are doing a great work, we can see, and soon you will recognize the good ever present.

August 17, 1952

Just know the Power is ever present to heal. When you say you know the Power is present to heal, that is all you have to do. The way is worked out by the Law. When you say the Power is present to heal, a Light goes out and someone knows there is a work to be done. God's angels are at work at once, but one must keep the channel clear so the work can be accomplished. You keep your channel clear by knowing and having confidence in the Power to heal and feeling this Power present. No fear—just have complete confidence in the Power to heal. Now that is very plain. You work for others in the same way. It is the Power you radiate that can be used to do the work. It all is in learning the Truth and having confidence in it, complete confidence. You know hundreds have been healed. Not many know how the work is accomplished, but they know it takes place when they do all they can to help.

So many earnest students are faithful in doing what they have been taught; therefore they have success. It takes work on your part to bring the Power forth and know it does heal. You send out the Power to help others, and a great work is accomplished; now take a little more time to feel the Power flowing through the body. Soon you will feel free and happy, knowing you have this Power ever present to be used to give the body Health and Strength. Now just declare the Power is present to heal, and I will help you.

Keep up your good work.

August 24, 1952

We have many blessings we do not recognize at all times; but once in a while we go over our blessings and are surprised at how many there are. It is a good work to do just that.

Today so much help is needed. Everyone who can should



devote as much time as possible to help, always recognizing the Presence of good. You not only help others but yourself as well.

A day spent in declaring the Truth and letting the Power come forth to be used would be wonderful. Always try to send out good thoughts; they help so much. Just I said, much help is needed.

August 31, 1952

We have so many wonderful gifts, and the sunshine is one we do appreciate. Our blessings are endless, and we must recognize and give thanks for them. Then we begin to realize what it is "all about," as one says. We have at our command all good, but if we do not use it we receive no benefit. Just turn to the one Source and know all good is there for you to accept. Let it come forth for yourself and others.

You know now the Power comes forth; use it by accepting the good and giving no Power to anything but good.

September 1, 1952

In our study of the Truth we find many ways opened, and it is for us to accept the one that seems easy for us at the moment. One never stands still. You are on the road to the great good; and by accepting the Truth as taught by the great Master Teachers, you will find your progress to be slow or rapid, according to the time spent on your lessons and obeying instructions.

One is never too old to learn the Truth, for you are not old; you are Life everlasting. Always try to remember that. One's Life of happiness here is made by oneself, no one else. You accept or reject, so no one can cause you unhappiness unless you accept.

There is so much work to be done, and people can help more than they realize just by recognizing the Power ever present to give out good. We use the Power so much to think

destructively, and the same Power could be used to help. Just take a few minutes every day to praise this Power that is given us; know it is present for everyone to use.

Your thoughts of gratitude send out a vibration that helps many. When you realize you are doing a work to help, you will be happy. You know I could talk for hours, but I will give you another letter soon.

September 7, 1952

In our study of the Truth we think we must read much and listen to great lectures. Well, it all helps if we cannot find the simplest way. Just take the words of the Master Jesus, "My Father and I are one," and dwell on the statement until you realize you and the Father are one.

Your life is from the one great Source, and you have this Life eternally. You have this Power to turn to and ask and accept all good, knowing it is there for you. Do not look at the outside; know your real self and how you operate through the physical body can control its actions. Say over and over: My Life is eternal and has all Power to accept the good which is ever present. We accept discord most of the time.

Just listen to someone's conversation; how much good do they ever give out? Dwell on good no matter what seems to be present. You will soon find only good present.

When everyone sends out good, the world will be a different place. You cannot realize how much good is done by declaring the Truth for oneself and others.

Now dwell on the simple truth, and you will find much happiness.

September 14, 1952

Gratitude shines out when one is grateful. By that we know when one is grateful, not just by saying so. You feel it yourself when you are grateful for all good. When one

realizes the good is ever present for them to accept, then one is grateful.

Our heritage is another blessing to be grateful for. Just stop to think who and what you are—your real self operating on this plane in a physical body. There will always be a you; but learn more about the *real* you. It is a wonderful lesson just to dwell on this real you. You are one with all God is. You are God in action. Now think what that really means. No matter what experiences you may have, just know you can always be this real you.

September 21, 1952

In this wonderful study we find many ways of expressing the words of truth. Yes, we all wish to be free to feel our oneness with this great Power and to use it to help, to be able to do and say the right at all times; and that is just what we learn to do when we know we do have this Power to use. It just takes practice.

Suppose we do not do just as we wish; that does not keep us from trying at all times. It is just having confidence in one's real self. Knowing our real self, we can speak and do the right at all times. In helping others the words will come when you realize the one voice is speaking, and that is your real Self. Knowing who and what you are is your foundation; just know that at all times. Work on it—work, I say!

September 28, 1952

In the study of truth we wonder many times why we do not put it into practice more. Well, when people have studied truth as long as they studied other things, they will find they can turn out all discordant thoughts and think and see and speak only good. Many reach the good without so long a time of study. They accept the good and use it in many ways, knowing the good answers all problems.

Every time a thought comes that is not good just turn it away knowing the right thought; soon only good thoughts will find entrance. It just takes practice and practice.

We all wish for good in all things, and it is there for us; but we block the way for it by not accepting and knowing the good is always present. Now practice the Presence of good.

October 5, 1952

In our study of the Truth we do not recognize we have many thoughts to cast out; and when we turn out all discordant thoughts, the good has a place to operate. Then you learn new thoughts and how to use them. Your advancement depends on the time you give to the good thoughts. You know when you go to school that you study the subjects you wish to take, and only by study do you learn. So it is with truth; it is gained by study and practice.

Then when you "know a point," as we say, and practice it, you have gained much. It is just the simple rules that help you to accomplish the greater things. Just know the Power is ever present to help you.

October 12, 1952

On this plane of existence we are more free to work; but you must work if you wish to obtain the real goal—the oneness with the one great Presence. Many are satisfied to stay on the plane where they seem to have peace; they do not study but help many who come over. They too are doing a work. So many are coming over that it takes many to help them. We are grateful we can help, and the lessons given out will help all to whom you give them.

Today we are just having a talk between ourselves, for I read your thought of things you would like to know about the Spirit World. I am glad to answer any question. I will

come Thursday. You are doing wonderfully with your thoughts.

October 19, 1952

Your strength comes from the one great Source and should be accepted at all times; then you would not feel tired. In our study of the truth we find many ways to use our great gifts, and so often we do not do that. Life would be so much brighter if we just knew all good was ever present.

You see, we would not feel weary or tired if we knew the Power was ever present for us to accept. Of course we have to use good judgment and give ourselves time to receive good. Your meditations are the time when you receive your good; and one must take time for spiritual help.

Today you will take time to meditate on this lesson, and I am sure you will find much joy in knowing it does help, or "work," as some say.

October 26, 1952

I bring a message of joy this Sunday morning. Once you realize you are this great Presence in action, your joy will be beyond comprehension.

There is no subject greater than the study of your real self, for when you have mastered that, you will know for everyone and everything. So study all you can the Presence and your oneness with this great Presence. You are this great Presence in action. Say it and think it, no matter the work you are doing, and work will be accomplished with ease.

You will be busy until after the holidays. Never allow tired thoughts or disturbing thoughts. Just try, and I know you will succeed.

November 2, 1952

Yes, we have many wonderful lessons to give. Last Sun-

day's was a lesson to be studied and thought and used. You do realize more and more of your real self, and soon you will rejoice that you *do* know. Today we will speak on the subject of Life. Life is continuous, you know that now; think of Life as your real self at all times. In this Life is all the good you could wish for; and as you know Life is ever present, you can know that all Health, all Power, and all you need is ever present.

These two lessons will help so much if you put them in practice. You do realize more than you think you do. Just keep up your good thoughts, and all decisions can be made easily.

November 9, 1952

There are so many ways to give out the truth. One tries to find easier ways. You are so advanced that you can almost perceive what is to be given. You do know the truth; just keep saying that to yourself, and you will find you will never doubt.

Today you are receiving many blessings for the new work you are to enter. Master Juana Ashawaska is beginning the new lessons, and soon you will know what they will mean to you. You learn so rapidly that it is a pleasure to give the lessons. Today we are having a talk just for you. Read over your lessons, and you will find so much help to bless you.

Now, dear, there are many here this morning, and I will watch the work.

November 16, 1952

In our study of the truth we find many seeming problems; but one blessing we have is to know they can all be overcome, as there are no problems, only our making them so. They would disappear in a second if we could see the truth where the seeming problem lies. As for the body, one must always see it as spiritual and perfect, and it will mani-

fest perfection; for the body has no Power, only that which is given from the one great Source.

All you have to know is that the Power of Health is ever vibrating through the body, and you will soon know you have Health, and Strength, for all the Power there is, present for you to accept. And as we accept, we experience. Then give thanks for this great gift. You know and feel this Power now; accept it as a blessing for yourself as well as for others. Many are here to bless you.

November 23, 1952

This is the beginning of Thanksgiving week. We are thankful every day for the many blessings which we enjoy, but one week is a special week for gratitude.

Thursday I will write more on the subject, for today I wanted to give you a lesson on the joy of knowing the Truth. You know that when you recognize the truth of being, it gives you a secure feeling; and when you think of another as being this God-Presence, you have a pleasant feeling. Now if you could keep this at all times, see how happy you would be! You would know the Power of Health is present at all times, and you would not have any seeming discomforts.

This week you will have more time to dwell on the important points of your lessons. So take them and study, and you will find much pleasure in doing just that. I will help you.

November 27, 1952

Thanksgiving is a day of real rejoicing, for we know much good will be given out today—a kind word, a wish, even food. All good given out helps and vibrates on to help others. So the atmosphere is filled with good wishes. Many will feel this good, not knowing how it comes to them; and blessed are the ones who know how to receive and send

out all good. God has given all, and we are to accept this all. One must keep knowing the good is there for them to be accepted, and then you find, or feel, your demonstration.

Never look for material gains, only spiritual. The spiritual may seem to manifest itself as material, but you will find that which you need for the present will unfold. That is the one thing to be thankful for, that you do know you are spiritual, not material. In your spiritual self you have all good; now let that good come forth at all times by knowing and thinking the truth about yourself and others.

So today we send our blessings to you and your dear ones, and much happiness will unfold. Just know the truth at all times. You know the Power does heal; just keep that thought, and you will find other thoughts will disappear.

Now have a lovely day; much good will be accomplished on your vibration.

December 7, 1952

Our lesson on peace is one of the great lessons. We do not stop to think what peace really means; you have peace when you have a minute to be quiet and to turn to this one great Source for more understanding.

When people are working, they should stop several times a day just to be quiet and say, "Peace, peace." You will be surprised how it will help. When a day's work is over, you will not feel tired.

This great Presence is ever present, giving out all good; and one must take time to accept it. In that way you gain your strength for your work. Short statements help so much for one so busy. It is all in accepting your good that is ever present. Now try this.

December 14, 1952

We count our blessings, and in that way we acquaint ourselves with this Power that is ever present. As you said,



the Power is ever present for us to accept, and we can do that in many ways. Every time we speak a kind word, we are accepting the Power and using it in the right way. One does not have to do great things to be noticed by the public; just the simple words of kindness go far, and your prayers work for so many. Just realize you are doing a work all the time.

The important point is to learn this Power and to know it is ever present to be used. You have a good understanding of that, and now you must have confidence that you are using the Power for good. Your every evening class does a great work. I wish you could see what is accomplished.

December 21, 1952

(It is a great blessing to receive your lessons, and I will do my part to make them understood by those not so far advanced.)

As we come to the time to celebrate Christmas, we can say the Christ is with you always; and when you recognize this Christ Spirit within, you know the Power is ever present to use.

So many think of Jesus as the Christ. He taught how to use the Power to help; and not many know His teachings were to help *you* find the Christ Spirit within. You use the Power to help, and that is the Christ Spirit working, not just at Christmas but all the time. I know you see the difference. Just know the Christ-Presence in each one.

December 25, 1952

Yes, dear, a wonderful Christmas morning! Not many have the opportunity to receive their Christmas blessings as you.

The Christ Child was born to show us the way to know ourselves. Each one born is a Christ Child; and when you

see a baby, recognize the Christ Child. This Christ Child is your real self and will always be you.

You are the Christ-Self before coming into the world; you return to your spiritual home after your work is done on the material plane. Then you are free to work for a higher goal.

There is much to be accomplished on the material plane; and the more you learn, the higher you are in the Spirit World. You have so many interested in your work; and I know the New Year will bring great results.

December 28, 1952

The last Sunday of 1952, what a wonderful year this has been! When you have time to read over your lessons, you will realize the many Truths given. The New Year will bring many blessings. You will realize more of your real self and can do a greater work. You have your foundation; now you just have to practice. There is much work to be accomplished, and you can help so much. Just knowing the Power is ever present and can be used is a great blessing.

So go into the New Year rejoicing that you do know the Truth and that there will be ways opened for you to give out the Truth.

January 4, 1953

Of one thing we are grateful—for you do realize the greatness of the work and what it means to you. When you understand that it is here for you to use every minute for your own good and for the good of many, you will be very happy.

The New Year will bring more understanding, and that is your greatest wish. As I said before, there will be many ways opened for you to help. The mighty Presence has many ways to help those who realize they can turn to the one Presence at all times for help. So be happy, knowing you

are provided at all times. You do not ask for wealth, but only to be taken care of, and I know your request will be granted.

The great Presence has ways and means we never know about until accepted. Just study your lessons, and much unfoldment will take place. All is well! All is well!

January 11, 1953

I promised to give you a lesson on healing. Master Juana Ashawaska has given me many points which I know will help. Healing, as you know, is one of the greatest works to be accomplished.

There are many ways to heal, and we will give you the one that you may use with confidence. Now listen carefully, so you will receive every word. To heal, first you must know that the Power does come forth when you realize it is ever present; then you speak or think the person's name and ask for Health. You do not need to know why the person seems to be sick. All you need is to have confidence in your knowledge that the Power is ever present to heal. The Power does the work at your request. You must ask, knowing the Power can do the work. You see, your work is in knowing the Power is present and can accomplish all good.

Just leave it all to the Law as to how the work is done. No one on the earth plane can see how the Law works. You will see when you are in the Spirit World. Just have faith in your knowing that the Power heals.

When you send out the Power to be used to heal, we know how to use the Power. Your work is to send out the Power, recognizing the Power is ever present to do the work asked.

Now, dear, study these words and you will be happy you do know the Truth.

January 25, 1953

Thoughts of Love for everyone just take practice. When

a thought you do not like comes, just say, "Disappear, there is no place for you in my world." You will then find your world filled only with happy thoughts.

Today I am to give you another lesson on healing. The lesson I gave you is the one first step; then knowing the Power is ever present to heal is your foundation. Now you can use your knowing and ask for Health for the one you wish to help. Your knowing sends out a Light, and help is given by God's Angels; that is the easiest way to express it. You ask, knowing your request will be answered and knowing you have given the Light where healing is needed.

Now, dear, study these words and what they really mean.

February 1, 1953

I see you are wondering a little about the gentleman who comes early to help you. He has been on your band for a long time, working silently, and now he can help you to hear and see more. You will learn his name soon. You have many Guides and Teachers who work silently.

Your work is so unusual that they all wish to have a part. You do not as yet realize just how important your work has become. Master Juana Ashawaska has accomplished many wonderful assignments on the Light you radiate. I knew you would be grateful to hear this.

Now, dear, the healing lessons must be gone over every day; by so doing you will learn them more quickly. Just knowing the Power is ever present to accomplish your wish, when it is good, sends out a Light to help. But you must know and feel the Light at all times. When one is working, one forgets to make an acknowledgment of the Light. It should be made many times a day, for that is what lets the Light in. You "open the door," as we would say.

We could talk and talk, but I wish to give a little at a time; then you will be able to study them. Now enjoy your day and think on your lessons. You will find Strength and Health present, for in this Light is all good.

February 8, 1953

Let us use this day as if we were in the Presence. We really are, but do not recognize it at all times; if we did we would think, speak, and act only to give out good.

This great Presence is all there is to us. Wherever we separate ourselves from it, we make mistakes. If we could stop and say: I AM this Presence in action, and it will guide me in the right way if I only take a little time to recognize who and what I AM; and if I listen I will hear the correct words to say, and the correct thoughts will come, and all others will disappear. It just takes practice.

You do so much good, and the new work will be so very interesting. You will enjoy every minute. You will soon know what it will be. Master Juana Ashawaska will tell you.

Now a lovely day, and send out thoughts of Love and gratitude.

March 8, 1953

What a beautiful day of sunshine! It's God's gift, and we must see the sunshine in all our gifts. We have a special message for today, one you will appreciate more and more as you study it.

This great Presence you turn to at all times for the Power is the Source of all good. Just realize you are turning to this one Source of all good, and accept the good that will flow to you, for all is in a state of flow, or vibration. So when you open your channel, the good just flows in. Just keep the door open to receive your good, and you will find happiness. Know that it does work.

Yes, this is a lesson you can use at all times. I am grateful to give it to you.

March 22, 1953

The weeks pass so quickly that Sunday comes before one

realizes. You see, over here every day is a day of rest and happiness. When I say "rest," I mean rest in doing good. We never know what "tired" means here. We have time to meditate and to receive more understanding, but we never feel that we must rest. Yes, it is a wonderful place; but all do not find that rest and peace until they work for it, just as you are doing.

You know the Truth about yourself, and it takes practice on your plane to keep the Truth in mind. You do a wonderful work, and I know more good will unfold at every sitting. Just study the Truth in your lessons. Use it every day, and you will be happy.

March 29, 1953

Palm Sunday—it really means turning to the one Source of all good, knowing no matter what seems to take place in the outer world, we know within is eternal Life. And as we know that, all our fears vanish. What a triumph when we turn to the great Presence within and acknowledge it as the Life of all. And as we know, our Life is one of freedom and happiness.

As we follow Jesus' teachings with understanding, we know we will find our happiness for ourselves and others. Your real self, as you know now, is a oneness with this great Presence; and your knowing this helps. Many are here this morning to give you their blessings. All is well.

April 5, 1953

In our study of the great Truth we find many ways of interpreting Easter. One of the ancient teachings speaks of the freedom of the Soul and what it really means to know one is free at all times. Your Soul is the part of you that is a part of God; and by your knowing that and using this knowledge in your everyday existence here, you can be as free as if you were in the Spirit world.

We separate ourselves from our Source of all good; and that is what causes all the seeming trouble. Every day just acknowledge your oneness with the great Presence, and you will find much happiness for yourself and others.

Every day can be an Easter for you by knowing the Truth and using it.

April 19, 1953

Our Health is from the one Source of all good, and one must turn to this Source often during the day, knowing that Health is in the Power that comes forth. One must open the door to let the Power operate. It comes in at all times, but just enough to keep your body alive; but one needs to open the door wide and accept more good to be in condition to help others. You see what I mean? Just know you have the Power to help yourself as well as to send it out to help others. It is all in accepting, after we know how the Power operates. It is there all the time to be used.

You will use more for yourself; and soon you will be a great channel to give out much good. Know who you are, and know you can turn to your one Source for help. All is well.

April 26, 1953

We have much to give you, and I am sure you will be kept busy when you stay home. You wonder at times if you would be contented staying home. You have so much work laid out for you; and when you start on your new work, you will wonder where the time goes. You will be kept busy—never fear.

Always look to the one Source for guidance, and you will find your answer to any question you wish to ask. It may be given from within or by a Spirit Friend or Teacher, but always know you can find the answer. We will go with

you today, and all will be as you wish. I know you will radiate a Light of good which will bless many.

Now, you see, we know your every wish and do all we can to help.

May 3, 1953

My dear, we use material means to help until we can know the Presence of the one Power. God gives us all the means to help. The one who helps is doing a good, for many do not know they are one with this great Presence. All good is ever present to be accepted. You know the Power comes forth to be used for good, but as yet you do not recognize it as ever present to help yourself. More knowledge of the good for yourself will soon dispel all discordant conditions.

Yes, you have to eat and sleep while on the earth plane of existence. When people know where their Health comes from, they will eat and sleep less and do more work to help. You will find yourself doing just that when you give up material work and do only spiritual work.

So, dear, just keep going over and over who and what you are until you *know*, not merely believe. You do it for others; now spend some time to do it for yourself. Just know the Power is ever present, and use more and more to find yourself.

No matter what material means you use, it is the Power that makes the healing. I do not think you will use material means very long. Dr. Russell is a great physician, and he has been a wonderful help to you. He uses material means when he sees you need help until, as I say, you can know the God-Self. You know much more than you realize. It just needs going over and accepting your good as ever present.

So do not worry; just accept all good given and work for your unfoldment of the Truth.



May 10, 1953

Mother's Day, as you say, is every day, and belongs to everyone whether they have been mothers or not. Many have Mother-Love but not the blessing of children; yet they do a work helping others.

God is Love, and that Love is ever present for us to accept and give out to others. Always feel a kindness towards every one of God's children, no matter what they do. They may not know it, but one who knows the Truth must use it in the right way.

Sending out loving thoughts helps more than one realizes. It can be done all the time. Always use plain words when giving out the Truth so that it can be understood.

We will help you all the time, and soon you will realize this great Presence is ever present for you to accept for your Health and Happiness. Just keep knowing this, and I know you will find your freedom.

Yes, I know your heart's every desire, and we are helping you to realize your good is ever present for you to accept. You are coming closer and closer to that realization.

Your mother says she gives her Love as one mother to another. One mother knows what goes on in the heart of another. Have a nice day but do not work too hard. Long Trail says he will help you in the garden.

May 17, 1953

Our lesson today is to be on the Truth about how you operate on the mental plane. You know that when you are thinking and concentrating on a certain subject, you forget all about the body; and that is this real you operating. Your physical body is spiritual substance and changes often. It is your home while you are on this plane.

Think of the earth plane as one of God's planes for you to do a good work; and the good you accomplish here will help you in your progress on God's next plane. The

more you understand of your spiritual self here, the easier it will be for you to progress on the next plane.

You have gained many points, more than you realize, and more are unfolding. You will be happy when you have more time to study.

May 24, 1953

We are going to have a pleasant day, and much good will be accomplished. Just know the God-Presence in all you see and meet. There is only one Power, and it is used in so many different ways. When we learn to use this great Power for good only, the world will be a wonderful place in which to live. People are happy only when they are doing good. The wrong use of the Power God has given brings only destruction. The Power you radiate is used for good only, and so much good has been accomplished. Just realize, no matter where you are, you can give out a Power to help. See only good, feel only good, know only good. Just practice and practice. It means so much to you.

June 7, 1953

We will have a short talk on the use of the Light. You see and feel the Light, and a great work is accomplished at every sitting. So give thanks you can be a channel to help in this work.

You have many ways to help, but I think the silent work is the greatest. You would also if you could see the many helped and the problems solved. When Master Juana Ashawaska says we have a special work to accomplish, he is referring to some individual or political problem. There are many.

If those on the earth plane could see the good accomplished, they would be amazed.

One must progress; you never are at the same point in unfoldment. This urge to do greater things is your urge

to go forward, and much will be given you to accomplish. When people know they are working for the good of all, they are happy.

August 2, 1953

Yes, you have many lessons to be studied. Just take one and go over it until you feel you have impressed it on your mind, so that when you need it, you will know. Just practice knowing the Power is present. Use it in everything you do. Know you are using it every minute of your time; and know the supply is never diminished. All you can accept is present, you can fill your basket. Keep the good ever flowing, coming in and going out to bless all mankind.

Just learn to be quiet and not let things disturb. All will be adjusted in the right, no matter what you undertake. Just ask for guidance, and feel you are doing the right.

The room will be so nice; you will enjoy it. So be glad you had the work done, and know that the men received help while they were working. You must keep these Truths in mind. Just know and see all of this great Presence or Power ever present to be used. Make a pleasure of practicing the Presence of this great Power. You have a wonderful gift, and you must use it to have it work for you.

August 9, 1953

Another sunny day for us to rejoice in. Today Master Juana Ashawaska said your lesson is to be on knowing you do know the Truth about your real self. You feel there is so much you do not know; well, dear, that is true of us all, but we keep studying and find as we study that new ideas "open up new worlds," as we would say. We know we have Life, for we live, move, etc.; and this very Life is our real self operating through the physical body. Just know this is the Truth; dwell on this, and you will soon realize you *do*

know the Truth about your real self. Then you can operate in the way you wish—that is, to manifest Health and Happiness and give out to others. You will be operating from the spiritual, or from within. I see you perceive what I am saying. So just think of all accomplishments as the workings of the self, and know the self is a part of the one great Self and can turn to this one great Self for guidance. Just know you can. All you have to do is be quiet for a second and ask for the answers to your questions.

We will help you; and will advance rapidly, and you will *feel* you are advancing. You will know the Power is present to heal. What a pleasure to come to give you your lessons! You are so grateful. Many are watching the writing.

All send Love and are happy for your advancement; they can see the improvement.

August 16, 1953

I come this morning bringing you a message of joy that you have gained quite a reputation in the Spirit World by the work being done by you and Master Juana Ashawaska. I do wish you could see the different demonstrations; your heart would be glad. The healings are wonderful. They help so many who would never believe just as they do on your side. Then many political problems are worked on, and many people are helped. Also many are healed on your plane. You are a wonderful channel for this Power to come through.

Now you do realize your real self more and more, and you will be happy to know you can turn to your great Source for all wishes and for your children. Thomas is advancing more each day; he does not realize it just yet. It is very easy for Irene to work out her wishes, for she knows the Power is present to help her.

So, dear, just keep realizing what a wonderful gift you have, and use it more and more. Master Juana Ashawaska

is very proud of the work—or, I should say, grateful—for he knows the Power comes from the one great Source.

August 30, 1953

As you know, a spiritual being can come in a minute; all we have to do is to think, I must be here; and I am here. My real self is Spirit, which is capable of going places and doing things that physical body cannot do. You will learn all about your spiritual self.

Now, as to thoughts and controlling them, one must study and meditate before one is capable of controlling one's thinking. You do fine when you know you can always change your thinking. That is a great study.

Now another blessing—you will soon find you can give out the messages, for you will hear someone asking to be remembered. So do just as you receive. I know at first you felt you did not wish to give messages; but when you know you hear correctly, you will give out. Know the Power is ever present to be used to give you strength to do this work.

Well, dear, we could just keep on writing, but that is enough for this time, Doctor says. You will see and hear what takes place when you receive as you do now. It is your real self receiving, but using the physical to put it down on paper. All is well.

September 6, 1953

Now you have two days to do as you wish; so take time to think over your lessons, and you will find many points you have forgotten. Today we wish to give you a lesson on the real self, as we see you are a little confused about how to operate through the body.

This real you, or Soul, that is a part of the one Great Self is in the body. Now the Soul can leave the body when you are in trance, or asleep, or at other times when you are taken in Soul-flight.

The Soul is not fastened in the body at any place. It has the Power, which is the spiritual substance to work with. When someone speaks through your voice, you are just "out of the way," we should say.

The Soul is like a great Light, not a person; perhaps you can understand it that way better. Your Soul shines as a Light and can operate through the body just like the lights they use today for physical examinations. Just know you are the Light. You will feel so free, knowing your body sends out this Light and that it helps many.

Now think on this today, and I know you will feel happy about the Truth of yourself. God bless you, dear, for you do want to know more of the Truth.

September 13, 1953

Yes every lesson is wonderful, but today we have a special lesson. Now listen closely. Your Tibetan Teacher says to tell you this self, or Soul, can come and go from the body, as you have been taught by Master Juana Ashawaska; and you will have experiences that you will remember and will make you very happy. Of course, the most important work is helping others and giving out the Truth.

Your real self is so wonderful. We wish for you to know more about yourself and the wonderful things you can accomplish. You have a feeling now that you know more about the self of everyone, this God-Presence operating through all.

October 25, 1953

October 25, 1953 will be a morning for you to remember, for today you start your advanced lessons. Now listen closely, for the words may be different from what you have been used to.

When we say "our Soul," we refer to the real self which

is a part of the Great Soul—you know that. Now your Soul is the part of you that manifests itself through the physical body. You know that too.

Now how the Soul works is an advanced lesson. First, you turn to the one Great Source, knowing the Power for all good is present to accept. You must *know* that, not just believe it.

To know is to use the Power in the right way. As you use it every day in all you do and say, you must know you are using this Power. Try to use it as you should. You have the correct idea, but it must also be the correct way. Thinking one way and doing another does not advance one. I know you will try to put out all discord and replace it with the Truth. You cannot know just how much this would mean to the world today; and if everyone could do this, we would have peace. You are not free unless you can do this.

When you think of this great Soul which has been given you, and know the possibilities of using it in the right way, the work will not be hard.

Now, dear, that is just a start, and I know you will practice. There are many here this morning to give you their blessings. Now this is a lesson to be used. Now the time has come to do a work.

November 1, 1953

Now another point in the advanced lesson. You have been good to use the first lesson. It will come easier as you practice. You will not hear many negative statements spoken by others.

In choosing words to speak, just know you have them at your command and can use beautiful words in your conversation. It just takes a few minutes to listen for the right word; the self knows all. Just be your real self at all times, and you will feel free in any company. There are no great or small in God's Kingdom. All are the one great Presence manifesting at the level of your understanding.

You have this great Power, and you must learn to use it to help yourself as well as others.

Now read this over, and you will find the important points.

November 8, 1953

I promised to give you a lesson on our blessings and how to be thankful. Our great blessing is that we are one with the great Presence. Our Life is this great Presence in action. Now there are many blessings we can account for, but we take them for granted—your health, your breathing, your seeing, your knowing, your hearing.

When we use these gifts in the right way, only good can manifest in our life. It just takes meditation on our blessings to realize how priceless they are. Your writing is a great blessing, and you realize that; also, the Power that comes forth to bless so many.

One could be very happy just counting the blessings and seeing the blessings of others. Try to take time each day to be grateful for your blessings; it helps more than you could realize.

You have so much in store, and as soon as you can devote more time to your lessons, you will find you will progress much faster. Age does not count. We do not see age; we see only a Light of God ever ready to operate for good when the channel is open.

Your son is developing more than he realizes. He will find he has the answers to all David's "problems," as he calls them, and all will be well. Now there is a work to be done this morning, and I will stay to see the dear ones.

November 15, 1953

As we recognize our blessings, we must know the same good is ever present for everyone to accept. Yes, people have to be taught the Truth, just as they go to school to learn. One



cannot accept the Truth at once after thinking and believing along other lines so long. Once in a great while you may find some who can realize the Truth at once; they are blessed. In the short time you have had your lessons you have made rapid progress. You can read other teachings and see the difference at once; that shows progress.

Our lesson today is on the great Presence and how we must know we are one with this Presence at all times. As Jesus said, "Of myself I can do nothing; the Father within does the work." That is, if you think you are a separate being you cannot do anything, for the only Power you have is from the one great Source. Just try to remember that, and the work will be accomplished without much effort.

Keep knowing the Truth until it comes out right and you do the right at all times without ever thinking about it. Live as a child with this great Presence. Then anything that seems to disturb will pass away, for you will know the Power of good is ever present.

You are nearer that point than you realize. So just give thanks you are this great Presence in action. Now we give thanks for all good.

November 26, 1953

Thanksgiving—do you really know what it means? This is Master Juana Ashawaska speaking. It is one of our many blessings to be able to show thankfulness.

This morning we bring many blessings to you and your dear children. They will feel the help given. I know you are always grateful for help given, especially to the children. God has given us all He has, and we are to make channels of ourselves to receive this all good. When people learn who they are, they begin to realize that all good is present for them to accept. Then we give thanks that we do know this good and begin to use it in the right way. A grateful heart means so much. Know the presence of each one is this great Presence in action.

November 29, 1953

Master Juana Ashawaska gives you the lesson this morning. A pleasant surprise! I wished to tell you the repetition of one sentence has opened many channels for your work. You realize your oneness with the great Presence more now. Just keep up your good work. There is so much good being accomplished on your vibration that you would be amazed. We know you are grateful.

We have a special work to do this morning; that is why I am dictating. Now just a short lesson. . . . Our work was accomplished with ease. We are grateful for our work and the Power that comes forth to help. Just keep up your good thoughts; you will find a wonderful change soon.

Jennie did not come this morning, as I wished to dictate. She sent her Love. All your dear ones are here and are so happy at your progress.

December 6, 1953

A surprise! Yes, you can feel when something different is taking place. Never doubt, just know the Power can be used to help at all times. Things do creep in when one is not using thoughts in the right way—thinking on sickness or the troubles of the outside world. One has to be on guard not to accept discord of any kind.

Enjoy your day while thinking good; just put away any other thoughts.

December 13, 1953

This bright morning we are grateful to come to give you a message of Truth. You are realizing this Christ-Presence more and more each day. You have your foundation; and you will find you will turn to your lessons more and more. When they are in book form, they will be priceless for you.

This morning we have the great Teachers present to help. You felt that before you came to write. Now we will turn

the work over to them. You will hear the voice, I am sure. Just be quiet and listen.

(I asked my brother this question: "If God made all perfect in the beginning, how did we turn from this perfection?")

My brother's answer: "Now I went to many sources to find the answer. I even went to the seventh plane, and the answer I give you is from the Great Masters.

"When God created all, we were given freedom to live and enjoy this freedom; but little by little let false thinking come in. By letting false thinking come in, I should say we did not recognize it as such. Just as in the world today, we do and say things that seem all right to us; but then there comes a time when we find our thinking has been wrong. So little by little a state of thinking which was thought to be right did not produce the right.

"We can think right only when we first turn to the one Source, or great Presence, for guidance and know we can receive. You must realize it took thousands of years for the world to reap the reward of false thinking.

"Freedom is wonderful if used to bless all. You are free when you know you are one with this great Presence, this great Presence in action. We have separated ourselves from this great Source; this is one reason for discord. We find ourselves when we turn to this one great Presence with an earnest heart to know the Truth and then live it. Just thinking the Truth and not living it does one little good. We could spend hours on the subject, but I feel the explanation will help you. God bless you, my sister."

April 21, 1955

We offer thanks today for the opportunity to give the little book to many. I know they will gain much good from the lessons.

My blessings to you all.

Master Juana Ashawaska

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